



SLEEP

sleep affects almost every area of your life!

restorative rest prevents illness, improves memory, boosts mood and decision making, regulates metabolism and prevents 'burn out.'

Often times, our own behaviors can interfere with our sleep including:

- **too much screen time before bed**
- **falling asleep with a show streaming or TV on**
- **Studying in bed**
- **substance use like alcohol, marijuana, caffeine or nicotine use**
- **exercising too close to bed time**
- **inconsistent sleep/wake times**
- **napping for too long**
- **keeping notifications on and our phones too close to our bed**
- **and more**

Your body regulates itself through contact with sunlight, so make sure to fill your indoor spaces with natural light when possible, and dim your lights gradually as the evening progresses.

If you are struggling to sleep, try some body relaxation activities, such as progressive muscle relaxation, Journaling or guided meditation or mindful breathing: check out the Student Health Resources page for ideas.



Ways to Practice

- Try to go to bed 15-30 minutes earlier for 3-5 nights to see how you feel
- Read a non-academic paper, book or magazine for 30 minutes before bed for 3 days in a row
- Cut out substances like caffeine, alcohol, vaping or marijuana later in the day
- Turn your phone off or set to 'do not disturb' mode at night
- Write out a to do list or journal your thoughts before bed to clear your mind
- Exercise for at least 30 minutes earlier in the day
- Cut out screen time right before bed
- Expose yourself to natural daylight for at least 30 minutes earlier in the day
- Try a mindfulness, breathing or Progressive Muscle Relaxation exercise before bed. Check out the Counseling Center's YouTube page for guided meditations.
- Stick to a consistent sleep/wake schedule for a week--even on weekends
- Keep a sleep log to track your sleep for a week
- If you nap, cut your nap time to no more than 30 minutes in length
- Check out the Bentley Counseling Center's YouTube page for more on Sleep!