

CONSISTENT

Keep a consistent schedule for going to bed and waking up.



Limit naps - keep them brief and earlier in the day.

SLEEP HYGIENE

Quality sleep allows your brain to synthesize and save important information -- it is a **CRUCIAL** part of studying!



Keep it **quiet**: use a sound machine to help cover extra noise

Make it **dark**: use black out curtains AND turn off electronics

Set it **cool**: cooler temperatures allow better sleep

ENVIRONMENT



If you can't fall asleep within 20 minutes: get out of bed, move to a different room or area, and try to relax. Do not look at your phone or watch TV -- read or listen to a relaxing meditation.

LIMIT ELECTRONICS

Stop looking at your phone, computer, or TV 30- 60 min before bed (blue light keeps you awake!)



Limit alcohol.

Do not drink caffeine or exercise too late in the day as both can keep you awake later.

DAILY ROUTINE

Avoid using your bed to study or watch TV to develop an association between bed and sleep.

Check out the UCC website for guided meditations or any of these great apps



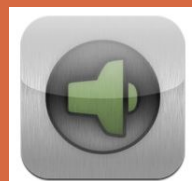
Sleep Sounds



Insight Timer



Flux Light Regulation



Simply Noise