



# TIPS FOR BETTER SLEEP

**1. Stick to a schedule.** Try to go to bed and get up around the same time every day. This can be challenging on the weekends as students often like to stay up late or sleep in when they don't have school the next day. Try to limit these changes in schedule as much as possible.

**2. Stick to a bedtime routine.** Having a routine will help you begin relaxing before you try to sleep. This could include changing into pajamas, brushing your teeth, turning down bright lights, or listening to relaxing music.

**3. Take a shower or bath before bed** to help relax tense muscles.



**4. Stop screen time an hour before bed.** Using phones, browsing on tablets, playing on a computer or watching TV keeps your brain active and awake even if you lower the brightness or use a blue light filter.

**5. Keep your room dark and quiet.** Turn off lights, TVs, laptops, etc. Use a white noise machine or fan to cover up sounds that are out of your control and may make it difficult to sleep.

**6. Don't eat or drink a lot before bed.** Try to stop eating about two hours before bed and limit liquids. Avoid spicy foods before bed which can bother your stomach or give you heartburn.



**7. Avoid caffeine,** since it is a stimulant which can keep you awake. Ideally, caffeine should be avoided for 8 hours before bed.

**8. Exercise.** Exercising in the afternoon can help you sleep. Regular exercise enhances the quality of your sleep.

