



# TIPS FOR BETTER SLEEP

**9. Keep your room cool.** Turning the temperature down will mimic the natural drop in your body temperature and help you sleep soundly.

**10. Limit the amount of time you sleep during the day.** Taking long naps can throw off your sleep schedule and make it difficult to fall asleep at night. If you feel you need a nap, limit it to under 1 hour per day.

**11. Only use your bed for sleep.** You should not be in your bed when you are studying, watching TV, etc. If your bed is only for sleep, it will trigger your brain to relax for sleep.

**12. Do something relaxing if you can't fall asleep.** If 30 minutes go by and you are unable to sleep, get up and do something relaxing like reading a book. Do not go on your phone as this will wake you up.



**13. Don't catastrophize if you can't fall asleep.** We all experience time when it is hard to fall asleep. Try not to watch the clock or worry. Focus on relaxing. You will eventually fall asleep.

**14. Use relaxation skills** to quiet your mind if you are having trouble sleeping. Imagine a relaxing place, do a body scan, count your breaths, etc.

