

WHY CAN'T I SLEEP?!?!



According to a study by Brown University, 73% of college students report having sleep problems.



THINGS THAT ARE KNOWN TO MAKE SLEEP WORSE:

Napping during the day.

- ◆ If you must take a nap, try to keep it short (20-30 minutes), and try not to take a nap after 3:00pm.



Using a device with a bright screen right before trying to sleep (e.g., phone, tablet, laptop).



Using caffeine, nicotine, alcohol, and/or other drugs throughout the day or before bedtime.



Forcing yourself to sleep is counterproductive.



The more you want to sleep, the more awake you become. Relax into being awake, and you will sleep.

SLEEP HYGIENE TIPS



- ◆ Don't go to bed unless you're sleepy.
 - If you are not sleepy at bedtime, then do something else that is relaxing, but not stimulating, to take your mind off of worries about sleep. This will relax your body and distract your mind.

- ◆ If you are not asleep after 20 minutes, then get out of bed.
 - Find something else to do that will make you feel relaxed. If you can, do this in another room. Your bed should only be used for sex and sleep. Once you feel sleepy again, go back to bed.



- ◆ Have a healthy, balanced diet.
 - Timing is important. Some people find that an empty stomach at bedtime is distracting, so it can be useful to have a light, protein-rich snack. A heavy meal before bed can interrupt sleep.



- ◆ Try waking up at the same time every day, even on weekends!
- ◆ Get physical. People who exercise tend to have more restful sleep, but try not to exercise right before you're going to bed.



COUNTING EXERCISE

- * Close your eyes and relax.
- * Count backwards slowly from 100 to 0.
- * Visualize the numbers being written *slowly and carefully* on a staircase, with the numbers descending the steps.
- * Continue until sleep comes.

