SLEE
CALLING ALL SUPERHEROES!
GET ON A SLEEP SCHEDULE
MAKE SLEEP A PRIORITY!
AIM FOR 7-8 HRS PER NIGHT!

TRY TO GET TO BED BEFORE YOU’RE DROWSY!

EXPOSE YOURSELF TO BRIGHT LIGHT IN THE MORNING!
WAKE UP AT THE SAME TIME EVERY MORNING, INCLUDING WEEKENDS!

AVOID TAKING LONG NAPS
(LIMIT THEM TO <1HR IN THE EARLY MORNING)
FOLLOW A BEDTIME ROUTINE
TURN OFF ELECTRONICS AND PUT YOUR PHONE ON AIRPLANE MODE.

IF YOU CAN’T FALL ASLEEP, GET UP AND DO SOMETHING RELAXING UNTIL YOU FEEL SLEEPY.
Wake up at the same time every morning, including weekends!

Start relaxing about 1 hour before bedtime.

To calm your mind, write a to-do list or journal your thoughts.
PRE-SLEEP RITUALS CAN HELP YOU FALL ASLEEP.
(CONSIDER A WARM BATH, LIGHT READING, OR HERBAL TEA)
CREATE A SLEEP ENVIRONMENT
GET A COMFORTABLE PILLOW AND BEDDING

USE EARPLUGS TO REDUCE DISTRACTING NOISE.
WEAR A SLEEP MASK TO BLOCK OUT EXCESS LIGHT.

TALK TO YOUR ROOMMATE ABOUT A GOOD SLEEP ENVIRONMENT.
FIND A TEMPERATURE THAT FEELS GOOD TO YOU.
MAINTAIN A HEALTHY LIFESTYLE
AVOID CAFFEINE WITHIN 4-6 HOURS BEFORE BEDTIME.

LIMIT ALCOHOL USE, ESPECIALLY 2-3 HOURS BEFORE BED.
AVOID HEAVY MEALS RIGHT BEFORE BED.
A LIGHT SNACK IS ALWAYS OK.