

AVOID THESE
COMMON PIT-
FALLS WHICH
CAN MAKE
SLEEP DIFFICULT

- **WATCHING THE CLOCK & OBSESSING ABOUT LACK OF SLEEP**
- **CAFFEINE (COFFEE, SODA, TEA, CHOCOLATE) AFTER 6PM**
- **SMOKING, NICOTINE IS A STIMULANT & WILL KEEP YOU AWAKE**
- **LONG NAPS DURING THE DAY**
- **EATING A LARGE HEAVY MEAL LATE AT NIGHT; YOUR BODY THEN NEEDS TO DIGEST IT**
- **POOR TIME MANAGEMENT DURING THE DAY; PRIORITIZE AND GET THINGS DONE EARLIER**
- **NO OUTLETS FOR STRESS; EXERCISE, TRY YOGA, OR TRY COUNSELING IF YOU NEED HELP COPING WITH YOUR STRESS**

College Students: You are not alone

At least two-thirds of college students report occasional sleep disturbances. One third of those reported severe sleep difficulties. One study showed that only 11% of students surveyed met the criteria for good sleep quality.

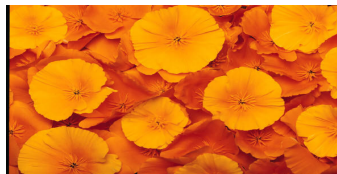
Only 40% of adults reported getting adequate sleep on a regular basis. About 35% of adults reported experiencing at least one symptom of insomnia each night: trouble falling asleep, trouble staying asleep or waking up too early in the morning.

Sleep is essential for good health, mental and emotional functioning, and personal safety. The proper amount of sleep is usually determined by age. A college-aged person should get 7-8 hours of sleep per night.

Insufficient sleep can be dangerous and lead to one or more of the following problems: anxiety,

cognitive difficulties, depression, and reduced physical health.

Failing to get enough sleep could weaken your immune system and make you more susceptible to



illness. Becoming sick with the symptoms of a cold or a cough will further contribute to poor quality of sleep.

Why am I so sleepy?

There are a number of causes of insomnia. One or more of the following factors may disrupt the sleep cycle of college students:

NOT ENOUGH TIME FOR SLEEP Most students average only 6 hours of sleep. Learning to better manage your time to allow

for a good night's rest is important, no matter how hectic things get.

STRESS All students experience fluctuation in their stress levels. Balancing schoolwork, activities, and a job can be overwhelming. Worrying too much can add to stress and keep you awake at night.

POOR SLEEP HYGIENE Students often get less sleep during the week and try to make up for it on the weekend. Such inconsistent habits can lead to sleep problems.

MEDICATION Prescription and OTC meds can have side effects that disrupt sleep.

ALCOHOL Drinking can lead to poor sleep as can the use of other illicit drugs.

LACK OF EXERCISE Not being physically active can lead to low energy. Exercise early in the day can promote better sleep at night.

What is Sleep Hygiene?

Sleep hygiene refers to daily activities that promote normal quality sleep at night and full daytime alertness. The following are simple ways to improve your sleep hygiene:

ROUTINE Develop a bedtime routine; do the same thing every night before going to sleep. Give yourself about 30 minutes to get ready for bed. Avoid studying

right up until bedtime.

NO WORRYING Avoid worrying while lying in bed. Use a journal to store your thoughts and process the day's events.

BE CONSISTENT Train your body to sleep by going to bed at the same time every night, including weekends.

ENVIRONMENT Make sure the

room is quiet and dark; use earplugs or a fan to drown out distracting noise.

CHANGE OF SCENERY Get up and go to another room if you don't fall asleep after 30 minutes. Sit quietly, have warm milk, or listen to relaxing music for 20 minutes and then try going back to bed.