

Start the year off well-rested and energized!

Here are nine ways you can optimize your sleep to be a healthier individual and more successful student.

1. Create a sleep sanctuary—someplace quiet, dark, cool, comfortable, and uncluttered.
2. Avoid activities likely to excite or stimulate you before bed.
3. Avoid blue LED light by switching your devices to night mode.
4. Avoid exercising within 3-4 hours of going to bed.
5. Go to bed and wake up consistently around the same times.
6. Take a warm shower or bath 30-60 minutes before bed.
7. Brush your teeth earlier in the evening rather than right before bed.
8. In the ½ hour right before bed, do something relaxing like meditation, yoga, prayer, reading, or journaling.
9. Limit substances such as caffeine, alcohol, and marijuana which can disrupt REM sleep.

