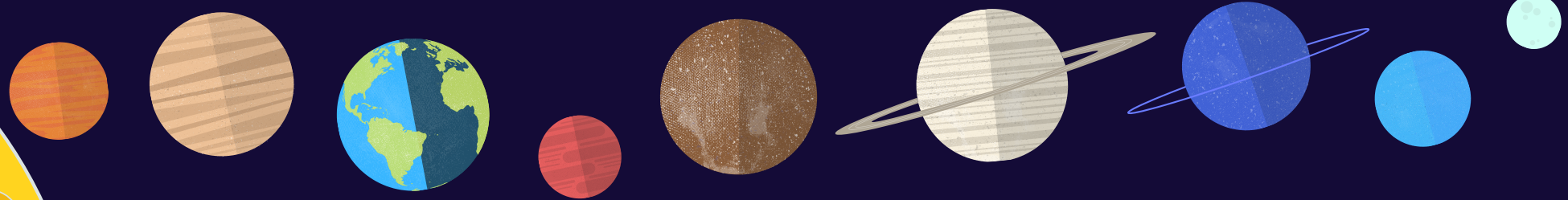


# "GOODNIGHT, SLEEP TIGHT"<sup>zzz</sup>

7 ways to improve your sleep this term



★ Set a reasonable and consistent bed and wake up time for your individual needs. This will help your body regulate its internal clock and hormones that make you feel sleepy.

★ Designate your bed for two things: sleeping and intimacy. Train your brain to understand the bed as a place that is separate from work and responsibility.

★ Turn your bedroom into a sleep sanctuary (uncluttered, quiet, dark, comfortable, and cool). Create an environment that doesn't distract you from sleep.

★ Avoid blue LED light exposure at night. Try scheduling your devices to remain in "night mode" from sunset to sunrise.

★ Establish a relaxing bedtime routine to prepare your body for sleep. Do this 30 minutes to an hour before bed. You could use this time to read, meditate, journal, or stretch.

★ Limit substances that disrupt REM sleep at least 4 hours before bed. Some of these substances include caffeine, alcohol, and marijuana.

★ Avoid exercising within 3-4 hours of your bed time. Exercise is generally helpful for sleep, but may interfere with the quality of your sleep if timed too close to when you want to go to bed.