

Tips for Sleeping

**It's important
because YOU'RE
important!**

Let's Chat About the Benefits!

- Improved concentration
- Problem solving
- Memory
- Regulating your mood



Create a Sleep Routine

1 Go to bed and wake up at consistent times!

Track when you wake up & fall asleep each day and set goals for more consistent sleep times!

Wake

Sleep

2 Avoid screens for one hour before bed

Screens make your brain think it's time to be awake and alert!

3 Do something that calms you down

Like journaling, reading, or stretching

YOU
*Deserve Quality
Sleep!*

Using a journal each night to write down what's on your mind, your to-do list for the next day, or writing things you don't want to forget to clear your mind so you aren't up thinking!



Pro Tip!

Help put your mind at ease by creating a to-do list for the next day when journaling

What's your ideal nightly routine?

Set Yourself Up for the Next Day!

- Pick out your outfit
- Pack your lunch
- Get your backpack ready

Know Your Resources

Student Wellness offers a free sleep app to help you get quality sleep!

