

# Goodnight LU

A student's guide to following asleep and staying that way

## Stick to a schedule

Aim for the same bedtime and wake up time, even on the weekends. This helps to regulate your body's clock and could help you fall asleep and stay asleep for the night.

## Wind down

Your body needs time to shift into sleep mode, so spend the last hour before bed doing a calming activity such as reading. Using an electronic device such as a laptop or phone can make it hard to fall asleep, because the blue light emanating from the screen is activating to the brain.

## Set the Scene

Evaluate your room. Design your sleep environment to establish the conditions you need for sleep. Your bedroom should be cool – between 15.5-19.5 degrees. Your bedroom should also be free from any noise that can disturb your sleep. Finally, your bedroom should be free from any light. Check your room for noises or other distractions. Consider using blackout curtains, eye shades, ear plugs, "white noise" machines, humidifiers, fans and other devices.

## Manage your thoughts

Keep a journal besides your bed where you can write down persistent thoughts, worries, or to-do lists for the next day. Take time to think about what you write down and try to resolve issues at another time. Relaxation strategies like meditation, deep breathing, guided imagery, and progressive muscle relaxation can help.

## Take a walk

If you can't sleep, go into another room and do something relaxing until you feel tired. It is best to take work materials, computers and televisions out of the sleeping environment. Use your bed only for sleep and sex to strengthen the association between bed and sleep. If you associate a particular activity or item with anxiety about sleeping, omit it from your bedtime routine.