RESOURCES

ENROLL IN SLEEP SOLUTIONS
Register for this non-credit class at http://bit.ly/MUSleepy

DROP-IN YOGA OR MEDITATION
View classes and times at studenthealth.missouri.edu

LISTEN TO RELAXATION MP3s
Find them under Stress Management at studenthealth.missouri.edu

PRACTICE RESTORATIVE YOGA
Find videos under Stress Management at studenthealth.missouri.edu

CREATE A SLEEP PLAN
Call to set up an appointment with a certified health coach
573-884-WELL (9355)
Plan your day for a good night

Keep the same sleep and wake time, even on weekends.

Listen to a self-guided relaxation audio at studenthealth.missouri.edu

Identify three things you are grateful for today to go to sleep on a positive note.

If you need a nap, take it before 4pm

Limit or avoid caffeine and alcohol, they disrupt the sleep cycle.

Regular exercise releases energy and reduces tension.

studenthealth.missouri.edu

Health Promotion & Wellness • 573-884-WELL (9355)
CREATE THE RIGHT ENVIRONMENT

Set phones on silent or alarm only. Anticipating the buzz or chime of text messages and calls can keep you up at night.

A room that’s too hot or too cold can disrupt sleep. Research shows 65°F is best.

Keep your room dark. Even low synthetic light can promote wakefulness.

Save your bed for what it’s made for - sleep and sex. Study and watch movies elsewhere.

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SLEEP VS. ALL-NIGHTERS

QUALITY SLEEP LEADS TO:
- Improved focus and performance
- Increased problem-solving & creativity
- Improved mood & energy
- Reduced stress hormone
- Normal hunger cues

LACK OF SLEEP LEADS TO:
- Forgetfulness & slow reaction time
- Poor decision-making
- Lethargy and feeling sluggish
- Increased reactivity to stress
- Increased craving for carbohydrates

WAKE UP TO BETTER SLEEP

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