

Sleep Tips

Good for health, safety and academic performance

- Maintain a regular bedtime & wake time
- Reserve your bed for sleep and intimacy
- Create a relaxing bedroom atmosphere (dark, quiet, not too hot, not too cold)
- Exercise regularly during the day so your body feels tired enough to want rest at night
- Avoid stimulants, like caffeine, a few hours before bedtime
- Practice relaxation breathing techniques, mindful meditation and restorative yoga poses at bit.ly/mindfulaudios
- Avoid hitting the snooze button — it puts the body and mind back into sleep mode, making it harder to get up
- Engage in a relaxing activity before bed, such as listening to music or reading for pleasure
- Eat dinner early and consume light snacks in the evening as you study
- If you are having trouble falling asleep, do something relaxing in another room and once you are sleepy return to bed
- Turn off digital devices at least 30 minutes before bedtime
- Remember, alcohol and other drugs throw off the sleep cycle
- Our brains and bodies need 7-9 hours of sleep each night to restore balance

More info: bit.ly/WakeUpToBetterSleep

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If you're struggling with sleep, call to set up an appointment with a sleep specialist.

573-882-7481

 Student Health Center
University of Missouri Health


WAKE UP
TO BETTER SLEEP