

# SLEEP 101!

## TIPS

-USE EAR PLUGS TO BLOCK OUT NOISE AND AN EYE MASK TO HELP YOU FALL ASLEEP FASTER. ENJOY YOUR SLEEPYTIME TEA ABOUT 30-40 MINUTES BEFORE BEDTIME.

-NAPS DO NOT REPLACE NIGHTTIME SLEEP. NIGHTTIME SLEEP QUALITY AND QUANTITY IS A LIFE SUSTAINING REQUIREMENT.

-GO TO SLEEP AND WAKE UP AROUND THE SAME TIME EACH DAY- YES, WEEKENDS TOO!

-YOUR BED SHOULD BE USED FOR SLEEP AND SEX ONLY. STUDY SOMEWHERE ELSE THAT WON'T TRICK YOUR BRAIN INTO THINKING IT'S TIME FOR BED

-LIMIT THE LIGHT FROM YOUR TV AND GADGETS. THIS LIGHT CAN INTERFERE WITH SLEEP.

-REMEMBER TO ALWAYS PRACTICE GOOD TIME MANAGEMENT- COMPLETE YOUR WORK DURING THE DAY SO YOU CAN GET TO BED ON TIME AND GET A GOOD NIGHT'S REST. IF YOU ARE SLEEPY DURING THE DAY BE SURE TO SET AN ALARM SO YOU DON'T NAP OVER THE RECOMMENDED AMOUNT (20-30 MINUTES). A MULTIPLE HOUR NAP CAN BE A HUGE TIME WASTER!

Learn more!  
[Sleepfoundation.org](https://sleepfoundation.org)  
[usf.edu/wellbeing](https://usf.edu/wellbeing)