



# Academics & **SLEEP**

Though often neglected, sleep is critical to academic success. Proper sleep aids memory, cognitive function, and overall learning ability. Follow the tips below to improve your “sleep hygiene.”

## **Consistency**

Aim to sleep and wake at the same time everyday, even weekends.

## **Routine**

Develop a relaxing bedtime routine 30-60 minutes before bed.

## **Wind Down**

Avoid studying, eating, exercising and watching TV in bed.

## **Limit Naps**

Don't nap later than 3 p.m. or longer than 45 minutes.

## **Avoid Caffeine**

Avoid caffeine and other stimulants within 4-6 hours of bedtime.

## **Exercise**

Try to exercise at least 6 hours before bedtime.

## **Meditation**

Practice meditation, abdominal breathing or progressive muscle relaxation to wind down.

## **Record**

Write down worries, stressors, and frustrations. Then put the notebook away.

## **Setting**

Dim lights, minimize noise and cool the temperature.

