Want
More
A’s?
Get
More
Zzzzz’s
Why is sleep important?

- Recharges your immune system
- Encourages muscle & brain growth
- Increases memory
- Improves academic performance
- Decreases stress
Tips for getting a better night’s sleep

• Keep it consistent-establish a regular bedtime
• Quiet, dark & cool-this is how your bedroom should be
• Use your bed for sleep & sex only
• Avoid exercising too close to bedtime
• Establish a relaxing bedtime routine
What if I don’t get enough sleep?

• Eat healthy foods to stabilize blood sugar
  – High calorie/sugar foods will leave you feeling even more fatigued
• Take a powernap-no longer than 30 minutes

• Limit caffeine-opt for water to stay hydrated
What if I wake up and can’t fall back asleep?

• Insomnia is very common & very frustrating!

• After 15 minutes get out of bed and do something boring until you feel sleepy again
• Keep a journal by your bed to write down any thoughts that may be keeping you up or tasks you need to remember

• Practice deep breathing or picture yourself in a relaxing place
The Truth About Caffeine

Caffeine can effect your body for up to 6 hours after consumption!
Common sources include:

- Coffee (8oz): 133mg
- Starbucks Coffee (8oz): 160mg
- Tea (8oz): 53mg
- Pepsi (20 oz): 63mg
- Diet Pepsi (20oz): 60mg
- Mountain Dew (20oz): 90mg
- Chocolate (1 oz): 8mg
- Energy drinks: 74-300mg
And if my roommate/building is too loud?

- Try wearing ear plugs
- Use “white noise” by leaving a fan turned on
And what if my roommate needs the light?

• Invest in a sleep mask to cover your eyes
Want to learn more?

Visit www.health.umd.edu/chwb to listen to our proven effective sleep program.

Sign up for a Relaxation Training by calling 301-314-1493 or emailing zeeger@health.umd.edu
The Center for Health and Wellbeing is a satellite office of the University Health Center Located in room 0121 Eppley Recreation Center.

For more information: www.health.umd.edu/chwb, 301-314-1493, zeeger@health.umd.edu
Do Not Disturb