Sleep is a naturally recurring state of mind characterized by altered consciousness, relatively inhibited sensory activity, inhibition of nearly all voluntary muscles, and reduced interactions with surroundings (thanks Wikipedia).

According to the National Sleep Foundation (2015), the best way to ensure a good night’s rest is to follow these guidelines...

1. Stick to a sleep schedule—keep the same bed time and wake time, even on the weekends. This helps to regulate your body’s clock!
2. Practice a relaxing bed time ritual. A relaxing routine right before bed away from bright lights and electronics helps you to separate your sleep time from activities that cause excitement, stress, or anxiety.
3. Avoid naps, especially in the afternoon. They may give you just enough energy to keep going long into the night.
4. Exercise daily. Any of time of day works, just not at the expense of sleep!
5. Evaluate your room. Design an environment that encourages sleep. Keep the temperature between 60—67 degrees, eliminate noise, and eliminate as much light as possible. Blackout curtains, ear plugs, eye masks, and “white noise” machines or fans may also help.
6. Sleep on a comfortable mattress and use comfortable bedding. Your mattress and pillows should be supportive and free of allergens that might affect you as you sleep.
7. Use bright light to help manage your circadian rhythms. Avoid bright light in the evening and expose yourself to sun light in the morning.
8. Avoid alcohol, cigarettes, caffeine, and heavy meals in the evening. Alcohol, cigarettes, and caffeine can disrupt sleep. Eating large meals before bed time can cause digestive discomfort.
9. Wind down. Your body needs time to shift from the activities of the day to sleep mode. So spend the last hour before bed doing something calming, like reading.
10. If you cannot sleep, go into another room and do something relaxing until you feel tired.

Did you know?

UR students are tired!
Only 50% feel well rested 3-5 times per week!
(NCHA-ACHA II, 2014)

How much do you know about sleep?

1. During sleep, your brain rests.
   - True
   - False

2. Sleeping one less hour per night can affect your ability to learn.
   - True
   - False

3. Boredom makes you sleepy, even when you get enough sleep.
   - True
   - False

4. Everyone dreams at night.
   - True
   - False

5. The older you get, the less sleep you need.
   - True
   - False

Answers:


Students need at least 8 hours of sleep per night. How many hours did you sleep last night?