

GOOD  
I heal *right*  
through my sleep

Created by the Counseling and Personal Development Center

# Understand Your *Sleep Factors*

## Nutrition

Focusing on fruits and veggies in your diet can improve sleep and help with other mental health concerns. Fruits and vegetables contain important vitamins and minerals that aid in sleep, mood, and energy, including but not limited to magnesium, vitamin C, D, and B, folate.

Getting plenty of water is also essential for a good night's sleep!

## Physical Activity.

Moving our bodies is vital for our physical and mental health. You don't need to train in the gym every day, but moving your body intentionally can improve time it takes to fall asleep and improve your sleep quality while you're catching those zzzz's.

Consider ways to make physical activity fun for you! Sports, dancing in your room, yoga, extra walks--you decide!

# Sleep Factors

*continued*

## Environment

We all have our unique needs when we sleep. Sleeping with the fan on, a certain blanket, the TV, pitch dark, whatever it might be, try to create your ideal sleep environment in your room. Collaborate with your roommate and see how you can make the best space for you both.

Also remember to reserve your bed for sleep, sex, and napping. If you're eating or doing homework in your bed, your brain associates that space with being awake. Keep your bed as positive and restful as you can.

## Stress

The anxiety of the day or the next day can interrupt falling asleep, staying asleep, and quality of sleep. Think about your typical sources of stress and brainstorm how you can alleviate them before bed. Stressed about the next day? Write your to-do list before you lay down. Did you fight with your friend that night? Spend time journaling or listening to some calming music. Just feel tense? Try a sleep meditation or progressive muscle relaxation.

Find what works for you *because you deserve to sleep.*

# Sleep Routine Worksheet

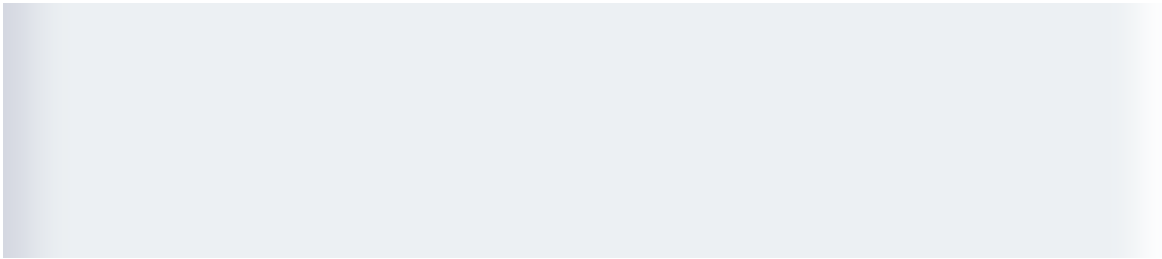
Ideal Sleep Time:

Ideal Wake Time:

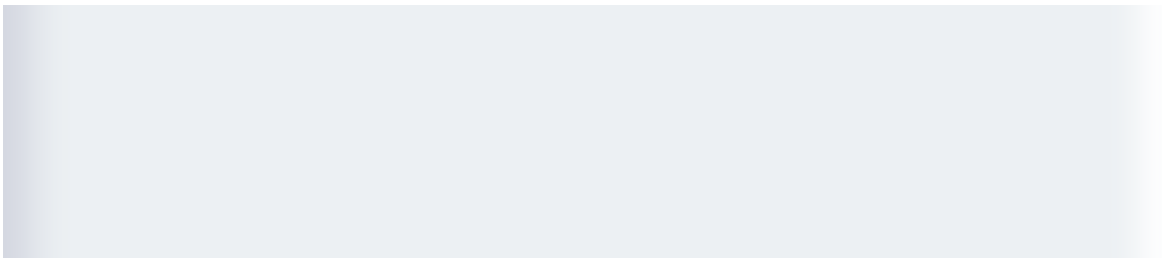
Ideal Hours of Sleep:

Sleep Routine Start Time (60 minutes before sleep time):

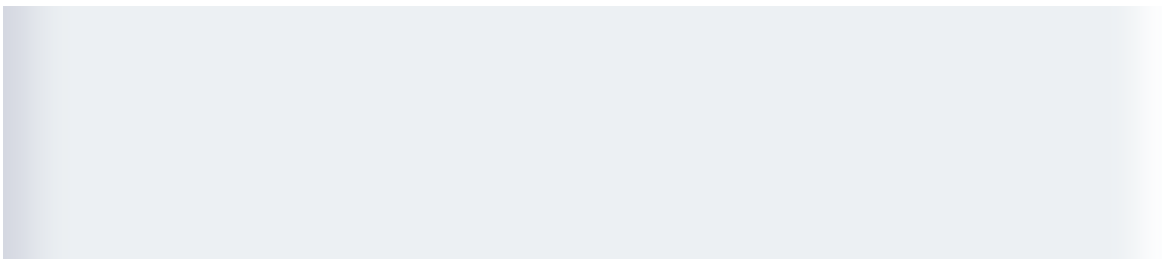
Sleep trigger (choose one activity to do at the same time every night that triggers relaxation and calm; examples: make a cup of tea, stretching, special playlist, reading a poem):



60 minutes of relaxation time activities (after your sleep trigger, what relaxing activities can you do before bed?)



Sleep set-up (what is important to you for sleep? Quiet? Darkness? Certain blanket? Set up your ideal environment):



# Tips for Great Sleep

1. Use blue light filters every night when your sleep routine starts (Phone, and laptop).
2. Limit phone/laptop use an hour before sleep.
3. No homework one hour before sleep
4. Try to keep bed for napping, sleeping, and sex only. Think of new places for homework and eating.
5. If you're awake in bed for over 30 minutes, get up and repeat routine.
6. Limit or cut off caffeine at least 4 hours before bed.
7. Try to avoid strenuous exercise one hour before bed when possible.
8. Making a list of your to-do list for the next day before you sleep may help clear your mind before sleep.