

WHAT TO KNOW ABOUT

SLEEP



How much sleep do I need?

Most adults need between 6 and 10 hours of sleep per night. Aiming for 7-8 is a good place to start, adjusting as-needed.

Better sleep can:

- boost the immune system and support physical health.
- contribute to a more positive mood and better mental health.
- improve memory, concentration, and academic performance.

Did you know?

7 out of 10 college students say they get less than the recommended amount of sleep every night.



DOs for Better Sleep

- DO go to bed and get up around the same times every day.
- DO exercise regularly. (Avoid exercise for several hours before bedtime.)
- DO set aside time to write down anything worrying you earlier in the evening. When it's time for bed, remind yourself that you've already done your worrying for the night.
- DO establish a relaxing bedtime routine that works for you. (Take a relaxing shower, read a comforting book, etc.)
- DO set the stage for sleep: consider the temperature, light, and sound in the room. Try turning your clock away from you.
- DO try relaxation exercises. (Use the apps on the next page!)
- DO get up if you're not asleep in 30 minutes. Do something relaxing until you feel sleepy, then try again.



DON'Ts for Better Sleep

- DON'T take long naps during the day. This can make sleeping at night more difficult and keep the cycle of poor sleep going.
- DON'T drink caffeinated beverages (including tea, coffee, energy drinks, etc.), especially after 6pm.
- DON'T eat a heavy meal less than 3 hours before bed.
- DON'T use devices with bright screens (phone, laptop, tv, etc.) within the hour before bed.
- DON'T use your bed for things other than sleeping (studying, socializing, eating, etc.)

SELF HELP RESOURCES ON THE BACK



APP STATE COUNSELING AND PSYCHOLOGICAL SERVICES CENTER

counseling.appstate.edu (828) 262-3180

SELF-HELP RESOURCES FOR SLEEP



The Doctor's Guide to Sleep Solutions for Stress and Anxiety
by Robert S. Rosenberg, DO, FCCS*

*Overcoming Insomnia: A Cognitive-Behavioral
Approach Workbook* by Colleen Carney and Jack Edinger*

BOOKS



*Quiet Your Mind and Get to Sleep: Solutions to Insomnia
for Those with Depression, Anxiety, or Chronic Pain*
by Colleen E. Carney and Rachel Marney

Why We Sleep: Unlocking the Power of Sleep and Dreams
by Matthew Walker, PhD*

**Some books available through App State's Belk Library: library.appstate.edu*

For sleep tracking and help waking:

SMARTPHONE APPS



- Sleep Cycle
- Sleep Better

For mindfulness and relaxation:

- Breathe2Relax
- Calm
- Headspace
- White Noise Sleep Pillow Sound

American Sleep Association: Insomnia:
sleepassociation.org/sleep-disorders/insomnia/

AnxietyBC: Getting a Good Night's Sleep:
anxietybc.com/adults/getting-good-nights-sleep

ONLINE RESOURCES



National Sleep Foundation:
sleepfoundation.org/

University of Notre Dame: Your Brain on Sleep:
nd.edu/features/your-brain-on-sleep/

MORE IDEAS AND THERAPIST RECOMMENDATIONS



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This handout includes information from:

uhs.uga.edu/sleep

psychologytools.com

brandongaille.com/21-sleep-deprivation-statistics-in-college-students/