

sleep guide

Everything you need to know to get a better nights rest.



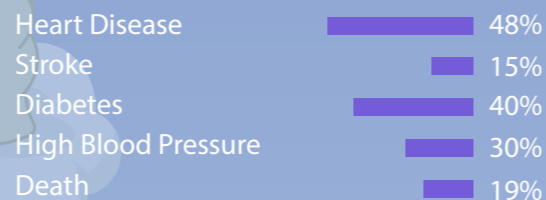
Lack of Sleep Can:

- Cause accidents
- Affect cognitive ability
- Affect the libido
- Contribute to depression and anxiety
- Increase forgetfulness
- Increase weight gain
- Impair judgment

Possible Long Term Effects:

- Aged skin
- Heart disease
- Heart attack or failure
- Irregular heartbeat
- High blood pressure

Increased risk of disease caused by sleep deprivation



*Information provided by:
University of Maryland Medical Center

Healthy Living Program Sleep Resources

- Free Student Massages
- Aromatherapy
- Meditation
- Acupuncture
- One-on-One Consultations:
 - Sleep Hygiene
 - Stress Management

Different Factors That Affect Sleep Quality:

Psychological Factors:

- Stress
- Conflict
- Emotional and Mental Turmoil
- Depression and Anxiety

Stress and anxiety not only contribute to a negative mood and dwelling on problems, but also cause the Endocrine and Nervous system to remain more active than is necessary for a restful sleep.

Physical Factors:

- Arthritis
- Acid Reflex with Heartburn
- Menstruation
- Headaches and Hot Flashes

The physical stress of feeling pain detracts from a restful sleep, and can cause stress and anxiety.

Social or Recreational Drugs:

- Nicotine
- Caffeine
- Alcohol

Caffeine and nicotine are stimulators, and do not allow the body to come to rest adequately. Alcohol, while technically considered a sedative, must be metabolized. The metabolic process causes arousal within the body, and can negatively affect a person's sleep.

How much sleep do you need?

Age	Sleep Needs
Newborns (0-1 months)	12 to 18 hrs.
Infants (3-11 months)	14 to 15 hrs.
Toddlers (1-3 years)	12 to 14 hrs.
Preschoolers (3-5 years)	11 to 13 hrs.
School-age children (5-10 years)	10 to 11 hrs.
Teens (10-17 years)	8.5 to 9.5 hrs.
Adults	7 to 9 hrs.

Source: National Sleep Foundation

TIPS

- Keep naps to only 20-30 min.
- Avoid going to sleep right after dinner
- Exercise in the early afternoon to release stored up energy
- Set a regular bedtime and wake up time

Create a Sleep Routine

A sleep routine is a series of activities completed every night to help signal the body to enter a resting stage and later a sleeping stage. Sleep routine will be different for everyone. No two people are the same when it comes to sleep.

Examples of Sleep Routine Activities:

- Take a warm bath/shower before bed
- Drink a cup of tea
- Listen to soft music
- Read a relaxing book
- Deep breathing



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What You Can Do To Get A Better Night's Sleep

Those who practice good sleep hygiene are generally more productive, have increased cognitive performance, and usually have better overall physical, mental and emotional health.

Touch

The comfort of your room can determine how great of a night's sleep you can have.

- A comfortable and supportive mattress is important to a good night's sleep.
- Pillows should be replaced every year to avoid any loss of support cushioning.
- Dust mite-proof covers help prevent dust mites while sealing in allergens.
- A cool room (65 degrees) makes for the best sleep. At night, body temperature drops while sleeping, which helps to induce sleep. If the room is too hot or cold, one is more likely to wake up.
- Choose a breathable fabric, such as cotton, for pajamas and sheets. This helps prevent the body from overheating while sleeping.

Taste

What you eat and drink before bed can affect how you sleep throughout the night.

- Stay away from eating 2 hours before bedtime. However, if you must eat, make sure that it is a light snack.
- Refrain from eating fatty, fried, or spicy foods before going to bed. These types of foods are harder to digest, which will result in difficulty falling asleep.
Avoid caffeine after mid-afternoon. Caffeine can stay in the body for about 12 hours, which could prevent the body from falling asleep on time.
Avoid drinking alcohol 2 hours before bed.
- Although it may induce sleep, it generally disrupts sleep later on in the night.

Sight

Light in the bedroom has an impact on the quality of your sleep.

- Electronics could keep one feeling alert past bedtime. Consider turning off the computer and phone 30 minutes before bed.
Change electronics to the "orange light" setting when available.
Stay away from any stimulating or mentally intense activities, such as watching action, drama, or horror TV shows, videos on YouTube, reading an intense book, doing homework, etc. before bedtime.
Turn off or dim alarm clocks that have light.

Hearing

Noise can affect your sleep, causing you to wake, move, and shift between stages of sleep.

- Keeping the TV on at night while sleeping can negatively affect sleep. The sound coming from the TV is always changing in tone and volume, and getting up to turn the TV is bothersome, and increases restlessness.
- Block noise from the environment using a white noise machine, fan, or an air purifier to create a background noise that is soothing.
- Closing the window in the room can help block unexpected noise throughout the night.

Smell

Different smells that your nose comes into contact with while you sleep can affect how you feel before sleep and your mood the following day.

- The smell of lavender has been shown to decrease heart rate and blood pressure, potentially inducing in a relaxed state to fall asleep more easily.
- Having oils, candles*, or sachets in the room could be helpful to calm down the body during one's bedtime routine.
- Keeping the room clean can help eliminate bad smells that could affect one's sleep.

*Remember to extinguish all candles PRIOR to going to bed or leaving the room where the candle burns.

Schedule your FREE Sleep Hygiene Consultation TODAY!

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