

SLEEP GUIDE

Everything you need to
know to stay sharp and get
a good night's 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

Increased risk of disease caused by sleep deprivation

Heart Disease	48%
Stroke	15%
Diabetes	40%
High Blood Pressure	30%
Death	19%

Source: University of Maryland Medical Center

How much sleep do you need?

Age	Sleep Needs
Teens (10-17 years)	8.5 to 9.5 hrs.
Adults	7 to 9 hrs.

Source: National Sleep Foundation

Healthy Living Program Sleep Resources

Massages
Aromatherapy
Meditation
Acutonics / Acupuncture
Consultations:

- Sleep Hygiene
- Stress Management
- Time Management

DIFFERENT FACTORS THAT AFFECT SLEEP QUALITY:

Psychological Factors:

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

Physical Factors:

- Menstruation
- Headaches / Migraines
- Workout Soreness
- Illness
- Temperature
- Blue Light Exposure

Social or Recreational Drugs:

- Nicotine
- Caffeine
- Alcohol

TIPS

- Keep naps to only 20-30 minutes
- 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
- Avoid caffeine at least 6 hours before bed time
- Book a Sleep Hygiene Consultation at HLP



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



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



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



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



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Important Information
If you cannot make it to an appointment, please call at least 24 hours ahead or you will be charged a NO-SHOW fee.

  **@FIUSHW**

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