



THE SENSES AND SLEEP



TOUCH

The comfort of your room directly impacts your sleep quality.

- Use comfortable mattress and pillows
- Keep room between 16-20 C (65 – 68 degrees)
- Use breathable fabric (e.g. cotton) for pajamas and sheets



SIGHT

Light in bedroom affects your sleep quality.

- Adjust phone light to "night mode"
- Eliminate light pollution
- Use a light-blocking sleep mask
- Avoid mentally stimulating activities before bedtime



TASTE

What you eat and drink before bed impacts your sleep quality.

- Avoid heavy meals before bed
- Eat sleep-friendly meals (e.g. bananas, cherries, oats)
- Avoid caffeine after mid-afternoon
- Avoid drinking alcohol 2 hours before bed
- Drink herbal tea



HEARING

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

- Turn off electronics
- Block noise from the environment (use white noise machine, fan or air purifier)
- Close doors and windows to avoid unexpected noises



SMELL

Smells that your nose comes into contact with while sleeping affects how you sleep and your mood the following day.

- Keep room clean to avoid eliminating bad smells that can affect sleep
- Use lavender scents for its sleep inducing properties
- Use essential oils in diffuser or massage into skin
- Wash sheets and pillowcases once a week

SLEEP LOVES ROUTINE

Create a custom sleep routine to help signal the body into a resting stage and later, a sleep stage. Here are some ideas:

1 hour before bed:

- Turn off or dim lights
- Adjust temperature
- Turn down screen brightness or turn on night mode on devices
- Take a warm bath or shower
- Stretch for 10-20 minutes

30 minutes before bed:

- Listen to a relaxing podcast
- Skin care routine
- Pick up your room, put away items
- Diffuse aromatherapy oil
- Plan for next day
- Read a book

10 minutes before bed:

- Drink a cup of tea
- Listen to soft music
- Journal or reflect on the day
- Change into comfortable clothing
- Deep breathing/meditation
- Silence phone

Zzz

Tips:

Only use bed for 3 S's:

- Sleep
- Sickness
- Sex

If you can't sleep after 20 minutes, get up and engage in a calming activity.



HLP Sleep Resources

- Aromatherapy
- Meditation
- Acupuncture
- Consultations
 - Sleep Hygiene
 - Stress Management



@FIUSHW



Student Health
and Wellness