

My Sleep Hygiene Worksheet

Why Is Sleep Important?

- ❖ College Students are the most sleep-deprived population
- ❖ About 60% of all college students experience poor quality of sleep
- ❖ 80% of college students are more likely to be in a drowsy driving accident
- ❖ 27% of sleep deprived students were at risk for at least one sleep disorder
- ❖ Supports good health and well-being
- ❖ Protects mental health, physical health, quality of life, and safety
- ❖ Supports healthy brain function
- ❖ Supports growth and development
- ❖ Critical for memory consolidation

Effects of Inadequate Sleep

- ❖ Poor memory
- ❖ Depression
- ❖ Anxiety
- ❖ Impaired motor tasks
- ❖ Impaired learning
- ❖ Moodiness
- ❖ Decreased attention span
- ❖ Increased risk of academic failure
- ❖ Lower grade-point average
- ❖ Increased stress
- ❖ Poor concentration
- ❖ Increased risk of motor vehicle accidents

Why it is Important to ME to Enhance My Sleep Quality and Sleep Quantity

1. _____
2. _____
3. _____



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Good Sleep Hygiene Practices

- ❖ Limit naps
 - Nap for only 20-30 minutes and before 3:00pm
- ❖ Avoid stimulants four hours before bedtime
- ❖ Exercise
 - Avoid activity close to bedtime
- ❖ Good Nutrition
 - Avoid heavy fried or fatty meals, spicy dishes, citrus fruits, and carbonated drinks; triggers indigestion and can lead to painful heartburn close to bedtime
 - Reduce fluid intake before bed
- ❖ Use bed only for sleep
- ❖ Limit blue light exposure close to bedtime (i.e., Two hours or more before bed)
- ❖ Meditation
- ❖ Avoid tossing and turning
 - If still awake after 20 minutes, get out of bed and do a relaxing activity
- ❖ Honor a sleep friendly environment
 - Relaxed and peaceful room
 - Keep room clean and uncluttered
 - Dim the lights
 - Cool temperature – 60-67 degrees
 - Leave blinds closed during the day, use fans, make sure the ceiling fan direction is set to cool, wear light clothing, turn the thermostat down a few degrees at night
 - Comfortable mattresses, pillows, sheets
 - Reduce fluctuating noises
 - Induce consistent soothing backdrop noise
 - Soothing scents

Sleep Hygiene Adjustments I Will Make to My Personal Sleep Routine

1. _____

2. _____

3. _____

