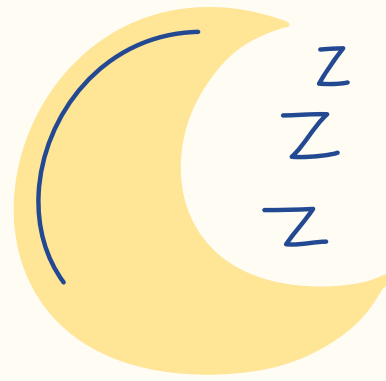


Sleep

Sleep Well, Live Better



Sleep affects many areas of life. Understanding and improving sleep habits can help regulate stress and improve academic and athletic performance, emotional well-being, and social life.

TIPS TO IMPROVE SLEEP HYGEINE:

GENERAL

- Create a comfortable sleep environment.
- Avoid longer naps.
- Avoid caffeine 5+ hours before bed.
- Avoid late night meals/snacks.
- Avoid exercising at night.
- Keep a consistent sleep schedule.

NIGHTTIME

- Have a nightly routine, focused on winding down.
- Limit screen time at night.

IN BED

- Practice muscle relaxation techniques before bed.
- Use progressive breathing techniques before bed, focusing on slowing down breath.

COMMON CAUSES OF SLEEP DEPRIVATION:

- Increasing stress, anxiety, depression...etc
- Extreme muscle tension
- Excessive caffeine consumption



Counseling & Psychological Services



**Stress Management &
Biofeedback Services**

Brigham Young University