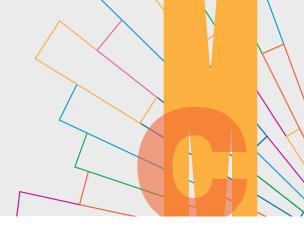# MONASH College

TIPS FOR HEALTHY SLEEP HABITS

With healthy sleep habits, you can be the best version of yourself. Good sleep leads to better brain function which means improved concentration, focus and memory for study. It also improves physical health and mental health, helping you manage negative emotions and cope better with life's challenges.

DAYLIGHT EXPOSURE

Spend some time outside in the daylight each day. Melatonin (the hormone that regulates sleep) is affected by daylight and darkness. Spending time outside helps to set a regular sleep-wake cycle.

MANAGE YOUR WORRY

Worrying or stressing about problems in bed is the number one cause of difficulty in falling asleep.

- Schedule time in the day to focus on problem-solving.
- Make a list of things to do tomorrow before going to bed. Take action each day to complete tasks.

REGULAR SLEEP TIMES

Try to go to bed and wake up at the same time every day. This helps to set your biological clock so that it is easier to fall asleep at night.

When changing to a healthier sleep schedule, use the same wake up time, even on the weekends!

LIMIT SCREEN USE AT NIGHT

Light from electronic screens interferes with your body's production of melatonin. Turn off screens one hour before bed.

- Use Night Shift or Night Light screen settings to reduce exposure to blue light.
- Do relaxing or mundane tasks in the hour before bed (e.g., reading for pleasure, showering, preparing the things you need for the next day, etc).

CATCH A SLEEP WAVE

Don't wait until you fall asleep on the couch before going to bed. Go to bed when you start to feel sleepy. But, don't try to go to bed when you are wide awake either. Do something relaxing like reading until you start to feel sleepy, then go to bed.

EXERCISE DAILY

Exercising tires your body so it's ready for sleep at night. It also helps you manage stress so your mind can relax into sleep.

- Avoid strenuous exercise just before bed as it makes you more alert.
- Yoga and stretching before bed helps you to relax.

LIMIT YOUR CAFFEINE INTAKE

Coffee, chocolate, tea and energy drinks all contain high levels of caffeine. Only consume caffeinated products before 3pm to improve your ability to fall asleep at night.

SLEEP RETRAINING

You can develop a habit of not being able to sleep when you go to bed. Over time, you associate going to bed with insomnia.

Lying in bed, struggling to fall asleep for long periods of time, reinforces this thinking habit. Use this technique every night to re-train yourself to go to sleep. Eventually, your brain and body will associate going to bed with sleeping so you will fall asleep more easily.

1. Go to bed and try to relax for sleep.
2. If you can't sleep after 20 minutes, get out of bed and do some reading (but not on your device).
3. When you start to feel sleepy again, go back to bed.
4. If you still can't sleep after 20 minutes, repeat the process.

BEDTIME ROUTINE

Doing the same things every night before bed helps your mind and body get ready for sleep.

For example, shower, brush teeth, put on pyjamas, read, do 5 minutes of yoga or mindfulness, or listen to quiet music.