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. You manage negative emotions and cope better with life's challenges when you are well rested.

Regular sleep times

Try to go to bed and wake up at the same time every day – this helps to set your biological clock.

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

Catch a sleep wave

Don't wait till you fall asleep on the couch before going to bed. Go to bed when you start to feel sleepy.

Limit screen use at night

Light from screens interferes with your body's production of Melatonin, the hormone that regulates sleep.

Turn off screens 1 hour before bed.
Use Night Shift or Night Light phone settings.

Avoid daytime naps

Napping in the day reduces your body's drive for sleep at night so it takes longer to fall asleep. Swap an afternoon nap for a walk instead.

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.

Diet effects on sleep

Caffeine in coffee, tea, cola and chocolate and nicotine in cigarettes are stimulants that keep you awake. Alcohol can cause you to wake up during the night.

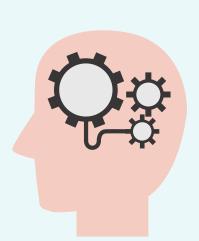*Avoid coffee and other caffeinated drinks after 3pm. Reduce alcohol and cigarette use.*

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, or do 5 minutes of yoga or mindfulness, or listen to quiet music.

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.

MONASH College

Having difficulty with sleep?
Make an appointment with a Counsellor.
https://counselling.monashcollege.edu.au