

Does this sound like you?

- You sometimes have difficulty falling asleep
- Your sleep schedule varies a lot. Some nights you get just a few hours of sleep, while other nights you sleep a lot more
- You wake up frequently during the night
- It is hard to sleep because you keep thinking about things
- You take naps because you don't get enough sleep at night
- You wake up earlier than you want and can't get back to sleep
- Noise keeps you awake or wakes you up

How much sleep do I need?

People vary in the amount of sleep they need. Most adults need 7-9 hours of sleep each night to feel rested in the morning and able to do their daily activities. The amount of sleep needed may vary depending on the level of physical activity and the amount of stress experienced.

What if I can't get to sleep?

Sometimes there is something else going on that makes it difficult to sleep. Talking to a doctor or a counselor may help you figure out why you are having trouble sleeping.

Sleep Basics

- It is important to get your body on a sleep schedule and stick to that schedule. The demands on a college student's life, such as studying, working, and going out can make sticking to a schedule difficult. A good night's sleep makes it easier to do the things you need to do during the day.
- Never oversleep. It is tempting to sleep in on the weekends or if you don't have an early morning class, but doing so can make sleeping more difficult. Even if you've lost sleep, try to go to bed and get up at the same time each day.
- Engage in physical activity during the day, especially if you didn't sleep well the night before. Try to exercise during the day rather than in the evening.
- Don't nap! When you feel tired, do something to help wake up.
- Develop a relaxing bedtime routine. Stop studying half an hour before you go to bed. Read "light" material, listen to quiet music, or straighten your room. Take a hot bath, but avoid showers. Do some stretching or relaxation exercises.
- Limit your caffeine intake during the day. Avoid caffeine in the late afternoon and evening.
- Drink a glass of warm milk. Don't eat large meals within four hours of bedtime.
- Avoid alcohol. It can result in disturbed sleep and waking up too early.
- Keep your room cool, and make sure it's not too dry. Use a humidifier if you need to.
- Especially if you live in a noisy environment like the residence halls or an apartment building, "white noise" may help you sleep. Play soft music, keep a fan running, or listen to a relaxing sound like ocean waves.
- If thinking keeps you awake, keep a pen and notepad by your bed and write down things to think about in the morning.