Let's CU Sleep!

Zz

## *Consider these sleep tips to enhance your performance & well-being.*

1. **Sleep to remember; remember to sleep.**
   Your memory, reasoning, and problem-solving all improve with sleep.

2. **Prioritize sleep.** Build your daily schedule around sleep. Use breaks in your day strategically and instead use the nighttime hours you would have spent working to get the recommended 7–9 hours of sleep per night.

3. **Turn your bedroom into a sleep haven.** Fans, earplugs, blackout curtains, and sleep masks help make your room cool, dark, and quiet.

4. **Limit screen use 30 min before bed**. Blue light from digital screens suppresses melatonin release which in turn fuels wakefulness. If you must use technology, use aids such as f.lux or Night Shift to reduce blue light emission.

5. **Set the mood for slumber**. Establish a pre-sleep routine. Try taking a warm shower, listening to music or a short podcast, drinking herbal tea, or centering yourself with meditation, prayer, etc.

6. **Write it out.** Jot down a list of things that worry you and then put it aside. Note two or more things for which you are grateful and reflect on them. Worry writing can reduce rumination, and gratitude journaling can reduce negative thoughts and self-criticism, while stimulating a positive mood.

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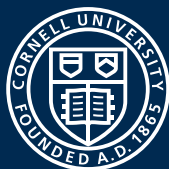
7. **Maintain your sleep haven.** Use your bed only for sleep or other relaxing activities. Don't do homework in bed, as any frustration experienced can become associated with bed and consequently disrupt sleep. If you can't fall asleep, leave your bed and do something quiet & relaxing until you start to feel tired. (Avoid screens.)

8. **Practice.** Sleep is a conditioned behavior. Use these tips, ask others for their tips, and keep trying — you can improve your sleep.

9. **Consult a health care provider.** If your sleep doesn't improve or if you suspect that you are experiencing something deeper than sleep troubles, schedule an appointment with a health care provider at *health.cornell.edu*.

Interested in learning more about how to improve your sleep? Refresh is a self-guided program from Cornell Health delivering information and strategies that have been proven to help improve college students' sleep. Learn more about Refresh:

health.cornell.edu