

Sleep, Caffeine & Your Well-Being (continued)

■ Realize that a nightcap won't help the situation.

A common misconception among students and non-students alike is that alcohol will help you sleep. Though drinking before bed may help some people *fall* asleep, it doesn't guarantee a quality night of sleep.

Often, it causes the drinker to wake up several times during the night, which can be just as detrimental as only getting a few hours in the first place.

■ Avoid watching the clock!

Often, keeping an eye on your alarm clock can stress you out and make it even more difficult to fall asleep. Consider turning your clock around after you set your alarm, or putting it in a bedside drawer where you can hear your alarm in the morning but not see the time at night.

■ Establish a relaxing routine

(taking a shower, reading, doing crossword puzzles, listening to music) to do about a half hour before bed.

A Bed-of-Facts

Most college campuses have spare bed frames easily accessible. Consider asking your facilities department to set one up in the lobby (get permission first!) so you can post sleep-related facts on it to educate passersby. Poof! Instant program!



■ Consider using “white noise”

—like a fan—to help you fall asleep. The systematic hum can lull you into slumber.

■ Try to make your bed as comfortable as possible.

Get some comfy pillows, snuggle in, and snooze!

■ Finish eating about two hours before bed.

That way your body won't be working on digestion just as you're attempting to calm and cool your body down.

■ Avoid exercise right before bed

—a workout in the late afternoon is ideal, because it gives your body adequate time to cool down (and a dropping body temperature is what the brain associates with sleep).

Get to know the facts when it comes to sleep and take a good look at your own sleep habits. You deserve your share of zzzzzzs!

Sources: *The Centers for Disease Control*; www.sleepfoundation.org; www.sleep-deprivation.com

Early To Rise CAN Make You Wise!

Morning people are more likely to get good grades than late risers, according to new research presented at the Associated Professional Sleep Societies' annual meeting (June 2008).