



BOSTON COLLEGE CENTER FOR STUDENT WELLNESS

••••• *Wellness Tips* •••••



SLEEP



BOSTON COLLEGE
Division of Student Affairs

CENTER FOR STUDENT WELLNESS

TOP 10 TIPS

1. Aim for 7-9 hours of consistent, quality sleep each night

6. Avoid caffeine approximately 8 hours before bedtime

2. Expose yourself to bright sunlight in the morning

7. Set a realistic bed and wake time and try to follow them during the week and weekends

3. Brain Dump! Write down what's on your mind to release your thoughts and help you sleep

8. Make your bed a place for sleeping only

4. Keep naps between 20-40 minutes and before 3pm

9. Avoid looking at screens 30 min. before going to bed

5. Do something relaxing to wind down before bed (like meditating, listening to music or reading)

10. To fall back asleep: get up, walk around, do something else, and reset