



# Sleep and Academics

Sleep is an important, though often neglected, factor in student success. Losing sleep often results in lower performance on tasks, which frustrates and aggravates the sleep-deprived student!

## Tips for Improving Your “Sleep Hygiene”

Sleep and wake up at the same time each day, including weekends.

Develop a relaxing bedtime routine 30 min. to 1 hour before bed.

Avoid studying, eating, exercising and watching TV in bed.

Don't nap later than 3 p.m. and limit naps to 45 minutes.

Avoid caffeine and other stimulants within 4-6 hours of bedtime.

Exercise, but no strenuous exercise 6 hours before bedtime.

Try abdominal breathing and progressive muscle relaxation.

Practice meditation or listen to audio with guided imagery.

Write down worries and frustrations, then put the notebook away.

Establish a “relax and wind down” routine.

Dim lights, minimize noise and cool the temperature.

For more help contact [USU Counseling and Psychological Services](#).

**Even if this isn't realistic for every day, start where you can!**

For more information on the [USU Academic Resource Finder](#), [Habits of Mind courses](#)

and sign up with an [Academic Success Coach](#), visit

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