

# SLEEP TIPS

## FOR COLLEGE STUDENTS

### Seek Out Natural Light

- Open windows and blinds to let light into your home.
- If you can, spend some time outside in natural light.

### Set Your Schedule and Routine

- Set a consistent bedtime and waketime.
- Eat meals at the same time each day.
- Block off time for school, work and exercise.
- Set aside 7-9 hours for sleep every night.

### Limit Caffeine Intake

- Avoid caffeine after 2 PM.
- Limit intake to <2 servings or <300mg per day.

### Stay Active

- Live stream a free fitness class.
- Go for a brisk walk and talk to a friend on the phone.
- Set up Zoom exercise sessions with friends.

### Limit Your Screentime

- Avoid using electronic devices 1 hour before bed.
- Change device settings or special apps to reduce and filter blue light.

### Practice Relaxation Techniques To Fall Asleep

- Close your mouth and inhale quietly through your nose to a count of 4. Hold your breath 7 counts. Exhale completely through your mouth for 8 counts. Repeat.



**Rutgers Sleep Lab**

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