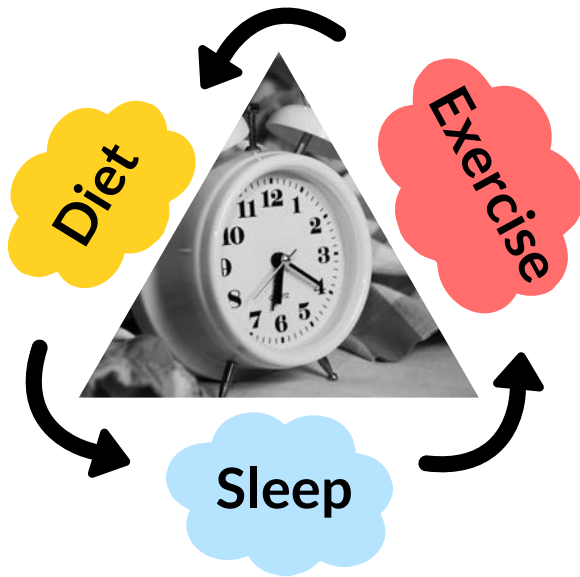


THREE PILLARS OF HEALTH



Quick Sleep Facts:

- The current sleep recommendation for adolescents is **8-10h/night**.
- Teens who **stay up late on weeknights** tend to **gain more weight** over time than their early-to-bed peers.
- People who get **less than 120 minutes of physical activity per week** sleep less compared to those who get the recommended 150 mins of physical activity per week.
- Consuming **more than two sugary drinks per day** sleep can result in **3.4 minutes less sleep per night**.
- **Insufficient sleep** in teens is associated with **increased risk for depression, anxiety, irritability, defiance and impulsiveness**.



CONTACT US

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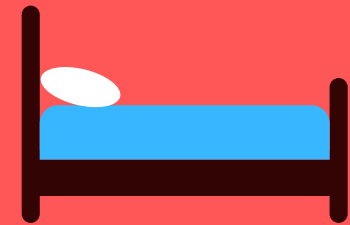
@RutgersSleepLab



Website: kines.rutgers.edu/sleep-lab
Email: Sleep-lab@kines.rutgers.edu
Phone: 848-932-7037

SLEEP 101: FOR HIGH SCHOOL STUDENTS

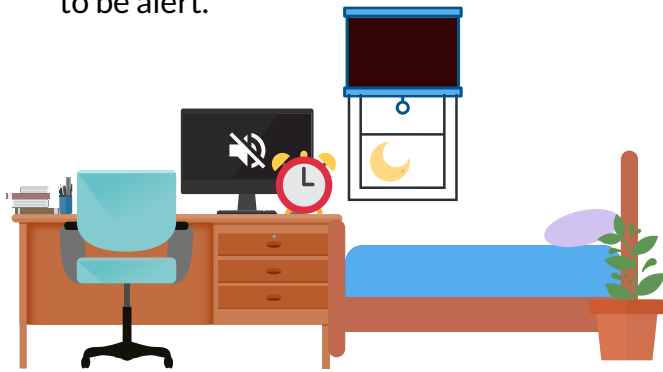
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YOUR SLEEP ENVIRONMENT IS IMPORTANT

- Research shows that **bright lights** causes **difficulty in falling asleep**.
- Experts recommend a **comfortable, quiet, dark, and cool environment** to increase melatonin, an essential sleep hormone.
- **Completely turn off and put on silent all electronic devices and technology** to prevent you from seeing information that may cause anxiety, stress or excitement.
- **Open curtains or turn on lights** to communicate to your body that it is time to be alert.



Set Up Your Sleep Space

- Put your phone in another room and use a standard alarm clock.
- Blackout drapes
- Use a supportive pillow and eye mask.
- Listen to calming music.
- Try aromatherapy (spray your pillow with lavender or damask rose).
- Ideal bedroom temperature: 60-67F

Tips to Prepare for Sleep

- **Do exercises that promote relaxation** like Yoga, Qijong, Tai Chi.
- **Try relaxation techniques** like progressive muscle relaxation, biofeedback, imagery, autogenic training.
- **Try the "4-7-8" Breathing Method** to promote calmness and relaxation, a breathing pattern that relaxes the nervous system and can be practiced anytime you feel anxious or stressed.
- **Journal or read** before getting into bed.
- Take a **warm bath**.
- **Prepare for bed 20-30 minutes** before sleep.

CONSISTENCY IS KEY

- Studies show that a consistent routine helps the body learn when to be asleep or awake.
- Noise from snooze alarms disrupt the final 10-20 minutes of your sleep.
- Taking naps increase sleep debt which makes it difficult to fall asleep.
- Avoid doing homework in bed or using any electronics (phone, laptop, tablets, etc.).

Did You Know?

Exercise can help you fall asleep more quickly and improve sleep quality.



YOU ARE WHAT YOU EAT (AND DRINK)

- Eating too much before bed can lead to upset stomach and poorer sleep quality.
- Sugary or greasy foods can make it harder to sleep.
- How much caffeine is in my drink?



8 oz Coffee= 80-100 mg
1 can Soda= 30-80 mg
8 oz Tea= 30-50 mg
8 oz Energy drink= 40-250 mg



Evaluate Your Eating Habits

- Stop eating and drinking **2-3 hours** before getting into bed.
- **Avoid heavy or greasy foods** before bed.
- **Avoid sugar** (especially before bedtime).

Limit Your Caffeine Intake

- Coffee, tea, soda and energy drinks contain **psychoactive stimulants** and make it **harder to sleep**.
- **No caffeine after 2 PM.**
- **<2 caffeinated beverages per day.**
- Double check serving sizes (**<300mg/day**).

Healthy Alternatives

- Switch to an **herbal or chamomile tea**
- **Consume energizing food** like nuts, spinach, eggs, edamame or fruit.
- **Drink water!** Staying hydrated will keep you full and less sluggish throughout the day.