

# Sleep Better in College

Sleep tips for winding down and falling asleep

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The Department of Kinesiology and Health's

**Rutgers Sleep Lab**



**Avoid naps**  
(especially in the afternoon)

Taking naps decreases the amount of sleep you need the next night. This can cause difficulty falling asleep and can lead to insomnia.



**Exercise daily**

Try to walk more throughout the day to stay physically active. Exercise during the day can help you fall asleep more easily at night.



**Stop eating 2-3 hours before bedtime**

Avoid heavy or greasy foods before bed. Eating or drinking too much can negatively affect your sleep. If you are hungry, have a light, healthy snack.



**Turn your phone on silent mode while sleeping**

Turning your phone on do not disturb while you sleep can help you sleep more soundly. Avoid using your laptop, tablet or phone in your bed.

References: Sleepfoundation.org. (2018). Healthy Sleep Tips. [online] Available at: <https://sleepfoundation.org/sleep-tools-tips/healthy-sleep-tips> [Accessed 31 Jul. 2018]. — Cdc.gov. (2018). CDC - Sleep Hygiene Tips - Sleep and Sleep Disorders. [online] Available at: [https://www.cdc.gov/sleep/about\\_sleep/sleep\\_hygiene.html](https://www.cdc.gov/sleep/about_sleep/sleep_hygiene.html) [Accessed 31 Jul. 2018]. — The Sleep Wellness Institute Inc. (2018). Sleep Tips and Facts - The Sleep Wellness Institute Inc.. [online] Available at: <https://www.sleepwell.org/sleep-tips/> [Accessed 31 Jul. 2018].



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