

# Wellness InSTALLments

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## JANUARY

### SLEEP & STUDENTS

#### Upcoming Events

1/10 Classes Begin



1/11– Let's Get Syllabus!  
11AM, Student Plaza

1/18– Tips Tuesday: Goals  
12PM, Cohen Atrium

1/19– Spring Involvement Fair  
10AM, CSU Ballroom

1/25– Service-Learning Fair  
10AM, CSU Ballroom

1/26– Healthy Hump Day:  
Zombie Zone  
11AM, Student Plaza

Please see Eagle Link for a full, updated schedule!

#### Wellness Tip

Set your phone to night mode or add a screen filter on your phone, tablet, or computer to help limit blue light exposure, which can keep you awake.

#### Question of the Month

How many hours of sleep should you get each night?

Scan the QR code to RSVP on [Eagle Link](#) with the correct answer to enter into a drawing for \$10 of Eagle Dollars!



We all know that sleep is important, so why is it so hard for college students to get consistent, good sleep? Between high stress levels, changes in living environments, irregular routines, stimulants, and blue light exposure, it's no wonder we struggle to balance sleep. This can be even more difficult when we add school, work, and daily life into the mix. According to a sleep study by Harvard University, **96% of college students do not get sufficient sleep**, but adults need 7-9 hours of sleep each night to allow our brains and bodies to repair, grow, and rejuvenate. Read on for tips to help you get that quality sleep that you need and deserve!

#### How's Your Sleep?

Let's put your current sleep habits to the test to see what you can improve on for tonight! First, hold up your hand. Then, put down a finger if you...

1. Sleep with your phone in your bed or right next to your bed.
2. Regularly consume caffeine or nicotine 4 hours before bedtime.
3. Have ever woken up early to finish an assignment last minute.
4. Slept less than 7 hours last night.
5. Go to bed/wake up at different times every night/morning.



The closer to 5 fingers you are, the healthier your sleep is! How'd you do?

#### Tips and Suggestions

Regardless of how many fingers you have up, we can all improve our sleeping habits. These tips can help YOU get better sleep.

- \* **Remember the 3 S's.** Your bed should be used for three things only: sleep, sex, and sickness. Doing homework in bed can lead to your brain associating this place with being productive, which can make it harder to fall asleep.
- \* **Avoid stimulants 4 hours before bed.** Caffeine, nicotine, lots of sugar, etc., can keep you awake longer than you intended.
- \* **Get into a routine.** Set a regular sleep and wake schedule, and stick to it every day, even weekends to train your brain to know that it is time for bed.
- \* **Exercise at least 20 minutes a day.** Try low impact stretching before bed.
- \* **Get comfy.** Create a cool, dark sleep space using a fan or a sleep mask.



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