

THE ABC'S OF CATCHING zzzz's



Avoid or minimize use of caffeine, nicotine, sugar, and alcohol as they disrupt your sleep cycle.

Beds are for sleep. Avoid studying, watching TV, and using other technology in bed.

Cue your body to sleep by creating a dark, comfortable, and quiet environment with eye masks, ear plugs, and a small fan.

Don't stay in bed tossing and turning more than 30 minutes—try a relaxing activity like yoga before returning to bed.

Exercise regularly, but avoid working out in the 3 hours before bed.

Friends can wait—you don't have to stay up if you don't want to.

Get 7-9 hours per night, though 20-minute naps before 4 p.m. can keep you refreshed.

Hydrate with 64 oz of water and eat a variety of foods every day.

Initiate a regular bedtime and waking routine. Cue your body to sleep by washing your face, brushing your teeth, or writing in your journal.

Get more **SLEEP TIPS** at healthyhorns.utexas.edu



TEXAS
The University of Texas at Austin

Counseling & Mental Health Center
and University Health Services