

Week 8: Health

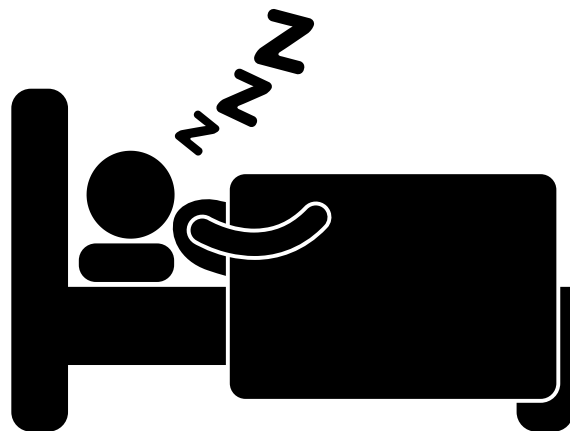
Sleep Hygiene

**"Sleep is that golden chain that ties health and our bodies together."
-Thomas Dekker**

According to the National Sleep Foundation, young adults ages 18-25 need between seven to nine hours of sleep per night.


Sleep hygiene is a term used to describe good sleep habits, which may differ from person to person. Sleep allows our minds and bodies to recharge, and without it the brain cannot function properly.


Improving sleep hygiene can improve your overall wellbeing. Poor sleeping habits are linked to many health issues such as difficulty paying attention in class, higher anxiety levels, and an increase in breakouts.




Exercise:


Take a look at this list of some good sleep hygiene tips. Check off the ones that you regularly use. Add any tips you use that are not included.


 Go to sleep at the same time everynight

 Keep your room at a comfortable temperarture

 Limit screen time/blue light before going to bed


 Avoid drinking caffeine before sleeping

 Avoid large meals before going to bed

 Do a calming activity before bed

Reflection:

How did this activity make you feel? How can you incorporate better sleep hygiene into your routine?

 **Challenge:** Track your sleep this week, using the sleep hygiene tips given above.

