

A stylized, high-contrast illustration of a husky dog curled up and sleeping in a bed. The bed has a white pillow and is set against a green wall. To the left, a window with a black frame shows a blue night sky with a white crescent moon. Red curtains are partially visible on the far left. Three yellow stars are positioned in the upper right corner of the green wall. The floor is a solid red color. The entire image is rendered in a bold, graphic style with thick black outlines and a limited color palette of red, green, blue, yellow, and white.

GOODNIGHT HUSKIES

A bedtime companion
for college students



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This booklet is about healthy sleep habits and skills you can use to increase your chances for a restful night of sleep. These skills can be used in college and beyond to establish effective sleep routines and increase sleep quality.

Sleep can be improved with skills, practice, and intention.
Check off the strategies in this booklet you will try!

This booklet is brought to you by LiveWell's Peer Health Educators.



LiveWell: Center for Advocacy and Health Promotion
Elm Hall 109 ~ livewell.uw.edu

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“WHAT’S THE BIG DEAL ABOUT SLEEP?”

Sleep is essential for survival, health, and productivity and takes up more time than any other single activity. When you get the quality of sleep you need, it has many benefits.

Boost your mood.

Sleep restores the body and helps our ability to manage stress, irritability, and feelings of depression and anxiety.

Stay awake & alert!

More sleep = less daytime sleepiness (no more snoozing through class!)

Battle sickness.

Sleep improves the body’s ability to fight off colds, flu, and other illnesses.

Study smarter.

Sleep sharpens concentration, solidifies memory, and improves brain performance. Students who get the recommended 7 to 9 hours of sleep each night do better academically.

Avoid weight gain.

Lack of sleep weakens communication between your brain and stomach, making you more likely to overeat. We also know there is a link between not sleeping enough and gaining weight.

Sleep is a big deal because it enhances overall physical, mental and emotional health. It is pivotal to our academic and social balance.

In the midst of midterms and papers due,

Amidst the college chaos and bustle,

TIPS FOR GETTING A RESTFUL NIGHT OF SLEEP

Read through these and check-off which might work for you!

Pause your thoughts

Make a to-do list for the next day before going to bed. Doing this can quiet your thoughts and prepare you for a restful night's sleep. Keep a notepad by your bed to write down things you need to do or remember. Simply jotting

Snack lightly, or not at all

Light snacks before bedtime are OK, but avoid heavy meals since digestion prevents the body from relaxing into sleep. Pretzels, fruit, and yogurt are all good options. Warm milk, bananas, and other foods high in tryptophan stimulate serotonin in the brain and can help with sleep. Avoid alcohol and caffeine consumption before bedtime as it will

Eat & drink water throughout the day

If we are going to bed hungry or our body is dehydrated because we haven't had enough water to drink, this can be a cause for poor sleep. If we have eaten regular and nutritious meals, and drank enough water, our bodies are more prepared to sleep

Get yourself in the mood

Stop studying 30–60 minutes before bed and do something relaxing or enjoyable. Our brains and nervous system need time to transition from intensive focused work to being able to relax into sleep.

☐ Make tomorrow's to-do list before bed.

☐ Finish eating a few hours before bed.

☐ Keep a bedside notepad to write down

☐ Stick to light and unprocessed snacks like fruit or yogurt

☐ Remember to eat enough nutritious food every day.

☐ Make sure to drink the

☐ Give myself at least 30–60 minutes of downtime before bed.

The huskies at UW know what to do,

To ensure their sleep isn't a hustle.

TIPS FOR GETTING A RESTFUL NIGHT OF SLEEP

Read through these and check-off which might work for you!

Shut off screens

Light from phones, tablets, TVs, and computers suppresses the hormone in the brain that tells you to sleep. Avoid using these devices at least 30–60 minutes before going to bed.



Disconnect myself
from bright screens
30-60 minutes before
bed (including phone!).



Set an alarm to tell me
to go to sleep.



Find a nighttime routine

Create a sleep schedule

Developing a routine before bed cues your body that it's time to sleep. A healthy routine may include reading, stretching, or listening to music. It's also important to go to bed and get up at the same time every day (even on weekends!). If that's not possible, extend your 'awake time' by no more than a few hours and get up as close to your normal schedule as possible.

MAKE A PLAN

Use this space to create
your own sleep schedule
and nighttime routine.

[illegible][illegible]

Goodnight to the laptops and textbooks,

As we trade them in for our beds,

TIPS FOR GETTING A RESTFUL NIGHT OF SLEEP

Read through these and check-off which might work for you!

If you can't fall asleep take a break

Don't stay in bed trying to sleep if you find yourself tossing and turning. If you can't fall asleep within 15 to 30 minutes, get out of bed and read a book or do another relaxing activity.

Use your bed only for sleep and sex

To strengthen the association between bed and slumber, don't eat, go online, do homework, or use your phone extensively in bed. Organize your room so that you can study and sleep in different areas.

Get comfortable

Make sure your room is cool, dark, quiet, and comfortable. Use a sleep mask, ear plugs, or 'white noise' from a fan to create this atmosphere if you can't control it yourself.

Turn off the clock

Watching the time tick can keep you awake. If you have a clock, turn it away so you can't see it. If you use your phone, put it somewhere inconvenient to reach. Focus on relaxing your mind instead of stressing about the time.



Get out of bed and do something relaxing if I can't fall asleep (still no



Study and socialize somewhere other than my bed.



Stick to light and unprocessed snacks like fruit or yogurt



Use ear plugs, a sleep mask, blinds/curtains, and 'white noise' to foster



Put my phone and/or clock somewhere I can't easily see it.

CAFFEINE AND SLEEP

Caffeine can have negative consequences in high amounts.

Similar to alcohol, we encourage people to consume caffeine slowly and to be aware of the amount you are consuming to prevent unwanted consequences. Drinking caffeine in high amounts for a long period of time can cause an imbalance of chemicals in the body that cause negative physical and mental health effects. Caffeine consumption can cause and/or exacerbate mental health symptoms such as anxiety and depression.

Consider your caffeine intake

Drinking too much caffeine during the day can affect sleep patterns at night. Caffeine is an ingredient in many coffee drinks, diet sodas, iced tea, and pain-relieving drugs like Excedrin. It also can cause and/or exacerbate anxiety in high amounts.



Stop drinking caffeine 5 to 6 hours before going to bed (8-10 if sensitive to caffeine).



Drink decaffeinated coffee or herbal tea in the afternoon.



DID YOU KNOW?

Dietary Supplements, Energy Drinks, and Caffeine Pills are not regulated by the Food & Drug Administration (FDA).

If you are considering using one of the above for either energy or relaxation, be aware that the ingredients (and marketing claims) of these are not regulated by the FDA. It has been found through third-party testing that there are often ingredients in these products that are not listed on the label. If you choose to use one of these, do your research and try to use products that have third party testing to verify ingredients, as well as research on the research behind what they claim the product does.

The campus may be bustling and loud,

But our sleep is peaceful and serene,

ALCOHOL AND SLEEP

It takes a minimum of three days for the body to recover from a night of heavy drinking. Alcohol intoxication interferes with REM – the deep sleep stage needed to feel rested and refreshed. Here's a breakdown of what might happen after a night of heavy drinking:

Saturday night: You go to bed intoxicated. Although you sleep 10 hours, your brain doesn't enter the REM stage, or enters it during the final few hours of sleep. You wake up feeling tired and sluggish.

Sunday night: You have no intention of going out and instead plan to 'catch up' on sleep. But tonight your sleep-deprived brain enters REM REBOUND, staying too long in the REM stage. Again, you wake up feeling tired and struggle to focus on studying for Monday's mid-term.

Monday night: Finally, your brain returns to a normal sleep cycle. You wake up on Tuesday feeling rested and refreshed. But it's a bit too late to start studying for your exam.

REMEMBER

After a night of heavy drinking, when you awake you most likely still have alcohol in your bloodstream (so your BAC is still above zero).

* To learn more about BAC and Alcohol, schedule a free Alcohol and Other Drugs consultation, or take E-CheckUp on the LiveWell website: livewell.uw.edu

As we sink into our fluffy cloud,

TO NAP OR NOT TO NAP



Research shows that long naps in the late afternoon or early evening reduce sleep quality. However, brief naps in the early afternoon can increase alertness.

Power naps are best. Sleep for just 30 minutes so that you don't enter deep (REM) sleep. If you need a longer nap, limit yourself to 90 minutes so that your body follows its natural sleep/wake cycle.

And close our eyes like it's a routine.

TIME MANAGEMENT

Good time management skills and not over-committing yourself can help you sleep! Reduce stress & increase sleep by planning ahead, setting personal deadlines, and prioritizing what you can and want to do. This includes saying no when your plate is full.



Stay active & move your body

Exercise helps you sleep longer and sounder and makes you more alert throughout the day. Make it a priority to get at least 30 minutes of exercise each day. But if you go to the gym, don't work out within 3 hours of going to bed – this can interfere with your sleep. When our bodies are sitting and studying for hours on end, it increases muscle tension which also can interfere with a good night's sleep.



When studying, get up every 30-60 minutes and take a short walk or stretch.



Do some stretching or light yoga before bed.



Skip the bus and walk to class.



Get to the gym or outside at least ____

BELIEVE YOU CAN SLEEP

Oftentimes we stress so much about not being able to sleep, we end up repeating to ourselves negative affirmations and thoughts about poor sleep and in our inability to sleep before we even crawl into bed. Cultivate internal awareness to notice when these thoughts and fears occur, and gently repeat to yourself affirmations that support you getting a restful night of sleep. Remember that our bodies are made to sleep and want to sleep, and be compassionate and patient with yourself when you are struggling with sleep.

DID YOU KNOW?

Disruptive sleep can be a symptom and/or root cause of mental health issues like anxiety and depression.



For some people, disrupted sleep and issues with sleep can be symptoms of a mental health issue, and for others, it can be a cause. When we are not getting the sleep we need, it causes imbalances in the physical body which then can impact our psychological well-being.

Talk to a medical or psychological provider who specializes in sleep to learn more.

SMELL YOUR WAY TO SLEEP

Aromatherapy is often used to reduce stress and foster sleep. Research suggests that aromatics have significant effects on the body even when you're not aware of them (like during sleep)! Essential oils have become popular in recent years, although they have been used in cultures throughout the world for thousands of years. If you use an essential oil, be sure to check out the company for third party testing and ingredient lists, as they are not regulated by the Food & Drug Administration and some companies have been found to be using artificial fragrances and chemicals, as well as other additives not listed on the label.

Similar to other forms of therapy, aromatherapy has the strongest impact when it's specific to you and what you need. There is no one size fits all. Our sense of smell is the quickest way memories are activated in our brain, so smells can have pleasing or uncomfortable impacts for us based on memories that may be associated with them.

Lavender contains oils that have sedating effects that relax muscles. It has slight soothing and calming effects when inhaled. Along with **Jasmine**, these scents are commonly reported as soothing and calming for many people, and yet you may have a different smell that is relaxing for you. Use what works for you!



Our minds and bodies rejuvenating,



NOT ALL SMELLS ARE EQUAL

The scents found in most candles, perfumes, room/car fresheners, and bath/body products (soap, shampoo, etc) are made of synthetic chemicals.

Many synthetic chemicals in fragrances are derived from petrochemicals (petroleum-based), and can be harmful to human health and the environment. Chemicals found in man-made fragrances include phthalates, which are endocrine disruptors, and benzene derivatives, aldehydes, and toluene, which are known carcinogens. Some fragrance compounds are neurotoxins and others are linked with reproductive birth defects.

In addition, some people have allergic or hypersensitivity reactions to fragrance chemicals. Allergic and asthmatic people are at especially high risk.

Common symptoms of allergy response to artificial fragrances are: headaches, difficulty breathing, nausea, skin irritation/rashes, and nose/eye allergic responses.

As we enter peaceful dream scenes.

DREAMING

Dreaming is connected to bursts of electrical activity in the brain stem every 90 minutes during deep sleep. Over a lifetime, an average person can spend more than 6 years dreaming!

Some people dream more than others, and we all have different abilities to recall or remember our dreams upon waking. Some people dream in color or black & white; some dream in one or multiple languages. Various cultures, spiritual traditions, and academic fields have different interpretations and values on what dreams are and what they mean.

You decide what your dreams mean to you, if anything, based on your own life experiences and knowledge of self. For some people, dreams are just random things happening in the body and brain. For others, it can be a way to reflect on one's internal well-being, dive into spiritual reflection, or check-in with your state of stress/ease in life.

Keeping a dream journal

There are many ways of course, but here is one to get you started if you want to do so:

1. As soon as you wake up, write down or draw the first images and words that come to mind. Don't try to interpret, just write!

2. Circle the symbols or words on the page that are important to you.

3. Think about what these might represent. What insights or inspirations do they provide?

4. Ask each symbol "who are you and why are you in my dream?" Write down the first response that comes to mind, even if it doesn't make sense.

5. Keep working with the symbol until its importance or meaning is more clear to you.

DREAM JOURNAL

Use this space to start and practice dream journaling.



The stars in the sky twinkle bright,

As we count them to lull ourselves to sleep,

BAD DREAMS, NIGHTMARES, NIGHT TERRORS & STRESS

It is common for us to have frightening, bad, or stressful dreams. During times of stress, these bad dreams can increase. A relatable example is when you have a big test coming up, and you have dreams of missing or failing your test. Often our bad dreams are related to current fears and stressors that we are trying to manage.

Nightmares are dreams with explicit and unsettling content. They are most likely to occur during REM sleep, making them more common in late night and early-morning hours if you are on a regular sleep cycle. Oftentimes we will awake during a nightmare or have a vivid recall of it upon waking. A nightmare every now and then can be common.

Night terrors are often more difficult for a person to recall, and can include shouting, sleepwalking, or being unsettled in sleep. Night terrors are not recalled in vivid detail usually, and it's less common to wake-up completely from them, making them different from nightmares. Many times adults don't know they are having them unless they sleep or live with others who are awoken by the night terror and tell them the morning after. Night terrors are more common in kids, but can still occur in adults.

* If you are having ongoing nightmares or night terrors that are impairing your sleep and health, or nightmares that are connected to traumatic and life-threatening experiences you've had, a psychological, spiritual, or medical professional who specializes in sleep and trauma recovery may be helpful to you. Non-pharmaceutical ways to decrease nightmares and improve sleep, as well as prescribed medications- seek out various opinions and find the support that is right for you.

Develop a soothing and effective sleep routine that gets your mind and body as relaxed as possible before sleep; follow previous tips on managing stress and engaging in self-care for better sleep, and use the below tips for highly distressing dreams and nightmares:

Breathe

Often we awake from a nightmare or bad dream with our nervous system in a stress-response state with crying, near tears, yelling, breathing hard, etc. Let yourself cry if you need to, as it helps your body move through the stress response and return to a calmer state more quickly. Take deep breaths and focus on feeling the air move in and out of your lungs. Putting a hand on your chest on the sternum bone can be calming to some, or curling

Ground yourself

When you awake startled or frightened, remind yourself "I am safe at home; that dream wasn't real." Use your senses like touch and sight to remind yourself where you are. Keep soothing objects near the bed you can touch, or feel the texture of your bed linens. Keep a water bottle nearby and take a



Take deep, calming breaths to calm the nervous system



Orient yourself to where you are using your senses

TIPS: BAD DREAMS, NIGHTMARES, NIGHT TERRORS & STRESS

Reflect

Some find it helpful to write out the bad dream (for others this makes it worse – feel out what works for you). If you have a partner in bed who awoke with you, you could talk it out, or simply ask them for what you need to feel calm, present, and safe.



Write or talk out the dream

Imagery Rehearsal

If you are having a repeating theme in your dream or nightmare, spend time writing and imagining a different ending to the dream when awake. This can be helpful in shifting the content of the dream and/or building consciousness into the dream when it happens that it's not real. Psychological therapists, apps, and books all offer tools and in-depth ways to practice



Re-envision the ending

Media Consumption

Be conscious of what types of media you are consuming throughout the day, as it may be impacting your dreams and/or nightmares. If you are consuming high amounts of media with disturbing content, it could be correlated to increased distress while sleeping; watch for connections for yourself and adjust as needed for more peaceful sleep.



Be intentional about the content of media you are consuming



EXAM TIME DO'S AND DON'TS

Do get some sleep and avoid pulling an all-nighter.

Your brain needs sleep in order to process and retain information.

Do talk to your roommate about your finals week sleep schedule.

Plan to be especially respectful of each other's sleep during this week.

Do exercise & take breaks in between study sessions.

Physical activity relieves stress, keeps you alert, and helps with sleep.

Don't use the computer or phone right before bedtime.

Screens suppress sleep hormones and make it more difficult to sleep.

Don't skip meals.

Eating regular and nutritious meals helps the brain focus, concentrate, and memorize—and it is necessary for restful sleep.



MY SLEEP GOALS

How do you know when you are getting tired and your body wants to sleep? Reflect on what signals your body sends. Often when stressed we ignore these signals, and practicing mindfulness means learning to listen and respond to our body's signals for rest, balance, and other needs.

What are the situations, environments, and behaviors that lead you to get the best sleep? Reflect on times when you've felt rested and like you are sleeping well – what are some of the themes that may have contributed to those times?

Remember, getting restful sleep takes effort and intentional choice. It may mean prioritizing sleep over spending an extra hour socializing or doing something else. It is common to go through periods of great sleep, and fitful sleep, as life ebbs and flows.

Take a moment to write down three sleep goals you have for yourself:

1.

2.

3.

For tomorrow's challenges will tell,

The benefits of a good night's routine.

LiveWell Resources

UW LiveWell – Center for Advocacy and Health Promotion

- Sign up to attend our **Sleepy Husky workshop** with UW Peer Health Educators: check our website for upcoming dates / times (Have a group? Request your own workshop).
- Schedule an appointment with our **Peer Wellness Coaches** via the LiveWell website to discuss strategies in a peer one-on-one.
- **Confidential Advocacy** - Confidential Advocacy is a safe and confidential place for UW students to receive support and advocacy after an incident of sexual assault, relationship violence, stalking, or sexual harassment. Confidential Advocates do not report incidents to the University. They provide a safe place to help individuals understand their rights and options including what options they have for reporting both on campus and in the larger community.
- **Student Needs Navigator** - Connects low-income UW students to resources found on campus at UW, in the local community, and at the state and federal level, to address students' basic needs insecurities.
- **Alcohol & Other Drug Consultation** - Consultations to learn more and reflect on their individual use of alcohol and/or other substances. Students can learn how college drinking norms or other substance use relates to their own individual behavior.

- **The Suicide Intervention Program** - connect students to campus resources when incidents of concern related to suicidal thoughts and actions are reported the University. SIP meetings are held with professional staff members who works with students to come up with a plan for care based on students needs and individual circumstances.
- Get tips and information on a spectrum of health and wellness topics from our FREE weekly E-magazine, **Healthy Huskies**, at livewellhuskies.com.

Visit livewell.uw.edu to schedule an appointment
All services are always FREE

The National Sleep Foundation has numerous resources for sleep health: <http://www.sleepfoundation.org>

1. WJU Professor and Students Find Jasmine Odor Leads to More Restful Sleep, Decreased Anxiety and Greater Mental Performance, Wheeling Jesuit University; http://www.wju.edu/about/adm_news_story.asp?iNewsID=539
2. Lavender, Medline Plus; <http://www.nlm.nih.gov/medlineplus/druginfo/natural/838.html>
3. Lavender, University of Maryland Medical Center; <http://www.umm.edu/altmed/articles/lavender-000260.htm>
4. Children's Environmental Health Network - FAQs: Fragrances
5. Feinberg et al., 1985; Karacan, Williams, Finley, & Hirsch, 1970; Werth, Dijk, Acherman, & Borberly, 1996, Bonnet & Arand, 1994
6. Information from this booklet is adapted from materials prepared by University of New Hampshire Health Services, Campus Health Services at the University of Arizona, and Boston University Health Services, with additional content added by LiveWell Staff at University of Washington.

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