

Tips for Better Sleep

General Tips

- Wake up at the same time, every morning. This helps your body get into a rhythm
- Go to bed when you are sleepy if it is evening (*rather than trying to go to bed earlier or stay up later*)
- Start relaxing about an hour before you intend to fall asleep
- Avoid alcohol and other substances as a sleep aid
- Treat any medical or psychological concerns that might be interfering with sleep, like sleep apnea, anxiety, and depression
- To keep your sleep consistent, limit naps to shorter periods of time (20 minutes), and earlier in the day



Can't Fall Asleep?

- Make sure your sleep environment is cool, dark, quiet, and comfortable
- Slow your breathing. Starting with 100, count down every time you exhale
- Each time you exhale, feel your body sinking into the bed. This helps you relax your muscles and feel more peaceful
- Go to bed when sleepy. If you are not sleepy, get up and do something relaxing

Can't Stay Asleep?

- Waking up Hungry? Eat a light, healthy snack before bed
- Waking up to use the restroom? Limit liquids before bedtime



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