



## Sleep Tips for Students

### How do you sleep at night?

How we feel during our waking hours depends a lot on how well we sleep at night. With good sleep, you stay productive, think logically, retain information, and remain energetic and emotionally balanced.

When we get run down our immunity is reduced and we become more susceptible to infections like colds and flu and mental issues like stress and anxiety. Students sometimes suffer with physical and mental symptoms of exhaustion. Sleep quality is largely dependent on lifestyle choices and most people, at some point in their lives, suffer from insomnia.

Addressing sleep problems in the early stages can help enormously. The solutions are often simple and easy to implement.

### Students can improve their sleep if they follow these 10 tips:

- 1. No Stimulants two hours before sleep.** Stimulants include tea, coffee, cigarettes and some colas and chocolate, exercise also acts as a stimulant and should be avoided 2-3 hours before sleep.
  - 2. Follow a bedtime routine.** Go to bed at the same time each night and stop working at least an hour before sleep, relax for 30 minutes before getting into bed. Try TV, magazines, light reading, bath, shower, mediation, relaxing music, yoga etc.
- Try this free app: <https://www.headspace.com/headspace-meditation-app>
- 3. Park your worries.** Leave your worries with your toothbrush ... you can pick them up in the morning. This may be difficult at first but most students can control their thought processes with practice. Replace repetitive anxious thinking with relaxing, soothing thoughts or try writing down your worries. Anxious thinking produces adrenaline that delays sleep.
  - 4. Get comfortable.** Make sure you are comfortable in your sleeping environment (bed, linen, temperature, lighting, noise). Sharing a single bed will hinder sleep.
  - 5. Avoid large meals.** Eating late at night as the digestive process delays sleep but do not go to bed hungry.
  - 6. Avoid consecutive late nights.** The body takes several hours to reach the deep level needed for rejuvenating sleep, therefore going to sleep after midnight will reduce overall quality of sleep.
  - 7. Get up early.** If you get up between 7.00 and 8.00 am, you will be tired at night –establish a regular routine and do not sleep during the day, even if you have had a late night.

**8. Don't lie awake for ages in the dark.** It is best to get up, go to the loo, have a drink or read, then try again after 10-15 minutes, repeat this process if you wake in the night.

**9. No electronic devices ½ hour before bed.** It is scientifically proven that screens delay the onset of sleep.

**10. Maintain a regular for sleeping and eating.** Try to go to bed and eat at the same time each day and avoid an erratic lifestyle. Our bodies have a natural 24-hour circadian rhythm which affects hormone balance and works best if a regular daily routine is repeated. Most research suggests humans need 7-8 hours' sleep a night. Fresh air and exercise during the day can aid sleep quality.

**This is an excellent sleep booklet:**

<https://web.nth.nhs.uk/selfhelp/leaflets/Sleeping%20Problems%2010pt%202016%20FINAL.pdf>

Remember, even relaxing in bed helps the body rejuvenate, try not to get anxious and frustrated about insomnia, feeling tense aggravates the problem.

The more you worry about getting to sleep the less likely you are to drop off. If things do not improve, keep a sleep diary, and seek support. Please contact the College Doctors, College Support Advisor, College Chaplain or the College Nurse.

College Doctors: 01865 311234 <http://www.leaverandpartnersjericho.nhs.uk/>

College Counsellor: Ellie Raikes [studentsupport@bnc.ox.ac.uk](mailto:studentsupport@bnc.ox.ac.uk)

College Chaplain: Julia Baldwin [chaplain@bnc.ox.ac.uk](mailto:chaplain@bnc.ox.ac.uk)

College Nurse: Lauren Doran [college.nurse@bnc.ox.ac.uk](mailto:college.nurse@bnc.ox.ac.uk)

Further reading:

[How to get to sleep - NHS \(www.nhs.uk\)](http://www.nhs.uk)



[How to get to sleep  
www.nhs.uk](http://www.nhs.uk)

[Insomnia \(Poor Sleep\) | How to sleep better | Causes & Treatment | Patient](#)



### [Insomnia \(Poor Sleep\) | How to sleep better | Causes & Treatment | Patient](#)

As many as one in three people can have some difficulty with sleeping. However, there are many things you can do to help yourself. For example, simple things like winding down before bedtime, avoiding certain foods and drinks, and a bedtime routine can help.

[patient.info](#)

### [Sleeping well | Health Information | Bupa UK](#)

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Expert reviewer Ana Noia, Senior Clinical Physiologist in Neurophysiology and Sleep, Bupa Cromwell Hospital Next review due September 2021. Sleep is really important to your health, both physically and mentally.

[www.bupa.co.uk](http://www.bupa.co.uk)

### [How to Sleep Better - HelpGuide.org](#)

#### [How to Sleep Better - HelpGuide.org](#)

How can I get a better night's sleep? Sleeping well directly affects your mental and physical health. Fall short and it can take a serious toll on your daytime energy, productivity, emotional balance, and even your weight.

[www.helpguide.org](http://www.helpguide.org)