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TIPS FOR BETTER SLEEP

Creating good sleeping habits lead to a healthier lifestyle



Good sleep habits (sometimes referred to as “sleep hygiene”) can help you get a good night’s sleep.

Some habits that can improve your sleep health:

- Be consistent. Go to bed at the same time each night and get up at the same time each morning, including on the weekends
- Make sure your bedroom is quiet, dark, relaxing, and at a comfortable temperature
- Remove electronic devices, such as TVs, computers, and smart phones, from the bedroom
- Avoid large meals, caffeine, and alcohol before bedtime
- Get some exercise. Being physically active during the day can help you fall asleep more easily at night.

[\(CDC Sleep Hygiene Resource\)](#)

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Need Medical Consultation?

Our Medical Doctor and Nurse Practitioner are here for you! We are open Monday-Friday 9am-4:30pm via phone and Zoom conference for current registered students. For more information and to schedule an appointment, call the **Nurse Advice Line (949) 451-5687!**

Stressed? Anxious? Need to talk to someone?

Mental Health Therapists are available for current registered students! Our team of highly qualified therapists are available via Zoom conference. For more information and to schedule an appointment, call the **Nurse Advice Line (949) 451-5687!**

Quick Tip for Healthier Living

American Heart Association recommends 150 minutes of moderate intensity physical activity per week as tolerated. This means about 30 minutes of exercise per day for 5 days a week! For more information on staying heart healthy, visit www.heart.org.