

KEEP WELL: SLEEP

Sleeping well directly affects your mental and physical health.

Neglecting it can take a serious toll on your daytime energy, productivity, emotional balance, and even your weight.

HEALTHY SLEEP AND BEDTIME HABITS



Keep sleep and wake times regular (7-9hrs) and in sync with your body's natural sleep-wake cycle



Stop studying at least an hour before sleep



Avoid use of phones and other screens for an hour before bedtime



Exercise during the day as this will aid sleep



Develop a bedtime routine (wash face, read, do a relaxation technique or some stretches).



Avoid alcohol, caffeine or large meals in the evening

[Source: (The National Sleep Foundation, 2015; Vandekerckhove & Cluydts, 2010) [LifeMatters study and exams presentation] and Helppguide.org]

Adapted from [UCC's Keep Well](#) website where you can find more information, resources and tips on healthy sleep habits and overall health and wellbeing.



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