

SLEEP HYGENE AND MENTAL HEALTH

It's important to remember that sleep is not just a physical need, but also a crucial factor in maintaining good mental health. Understanding this connection is the first step towards improving your overall well-being.

Young adults typically need between 7 and 9 hours a night.

There are many things you can do to improve your sleep; you should think of this guide as a diner menu. There may be many things that you want to try, but it is typically best to try 1 or 2 things at a time. Once you have successfully worked them into your routine, try another 1 or 2 things. Some things may not be feasible depending on whether you live alone, with a roommate, or at home, so just do your best.

About us

This handout was created for Treating Cannabis Use in College Students: A Clinician's Guide to Best Practices. Feel free to check out our link or QR code below.

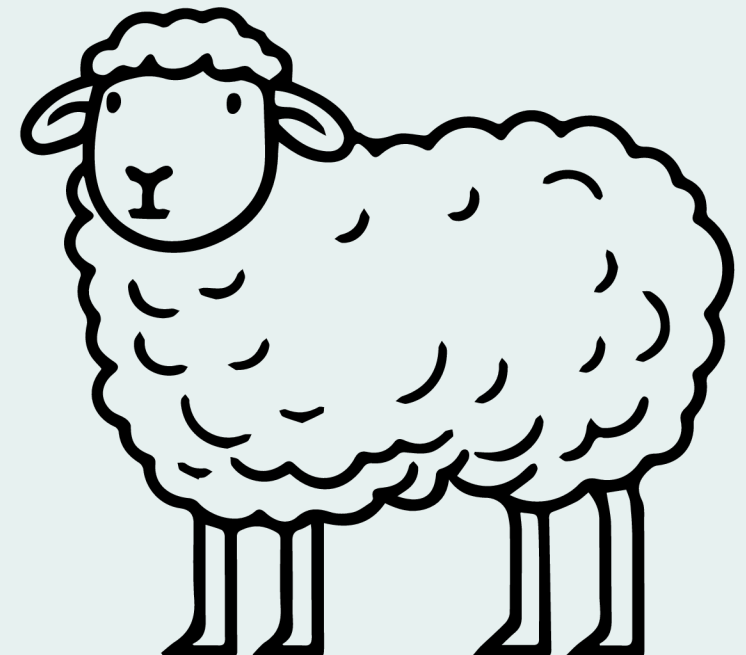
<https://michaelangelopino.wixsite.com/cannabisandcollege>

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TIPS FOR IMPROVING YOUR SLEEP

*Sleep
matters*



CHANGES TO PLAN FOR

1

Set a bedtime and wake-up time you stick to every day. Make sure you plan to have 7-9 hours of sleep.

2

If you don't fall asleep after 20 minutes, leave bed. Do a restful activity that doesn't involve screens or bright lights.

3

Make a bedtime routine. Give yourself 30 minutes before your chosen bedtime to wind down. You can include reading a book, bathing, brushing your teeth, or preparing meals for the next day.

4

Use your bed for only sleep and sex. If you have limited space and use your bed for other activities, try setting up a chair next to your bed to do those things.

5

Make your bedroom as quiet and relaxing as you can. Keep your room cool for sleep.

6

Limit screen exposure before bed; if watching TV in the evening, ensure you're at least 6 feet away.

7

Avoid using cannabis or alcohol before bed. It can negatively impact your sleep quality.

8

When trying to adjust your sleep schedule, try waking up the number of hours you plan to go to bed early. If you just try to go to bed early, you may not be tired enough to sleep.

9

Keep a bedside Journal for thoughts. If you notice you are worried, you can leave bed and jot down your thoughts to work on the next day.

10

If you sleep a whole night without disturbances and still feel tired or unrested, you may want to consult a primary care doctor or a sleep doctor, if some physical health concerns are interfering.

QUICK SLEEP TIPS YOU CAN TRY TONIGHT

1

Avoid Caffeine in the afternoon or evening, especially if you are sensitive to it.

2

Turn off electronic devices at least 30 minutes before bed.

3

Do not use your cell phone in bed. If you have trouble resisting the temptations, move the charger away from your bedside.

4

Limit naps to less than one hour a day.

5

Avoid spicy food with evening meals or before bed if you have trouble sleeping.