SLEEP TIPS AND ADVICE FOR STUDENTS

Get into a regular routine

Aim for 7-9 hours sleep a night

Create a peaceful sleeping environment

Avoid caffeine before bed and be aware of what you eat

Regular exercise has been hailed as an effective intervention for promoting sleep

Stay calm, breathe and try to relax

Find your own stress management techniques

Try visualising a peaceful place

Make sure there is enough air circulation and you find the right temperature to help you sleep

Avoid using your phone, laptop or TV

Aim for 7-9 hours sleep a night

Turn off your TV and try to develop a quiet bedroom environment

Have a notebook near your bed so you can write down any worries before you sleep

Regular exercise has been hailed as an effective intervention for promoting sleep