

# SET UP YOUR ROOM FOR SUCCESS

7 TO 9 HOURS OF SLEEP A NIGHT IS ESSENTIAL FOR ACADEMICS AND HEALTH



## 1 Pillows

- Keep your spine and neck in a neutral position whether you sleep on your back, side or stomach

## 2 Bedside Table

- A white noise machine can mask disruptive noises
- Keeping a journal to write down thoughts and to do's can relieve stress

## 3 Exercise

- Exercising regularly will energize you during the day and help you sleep better at night
- Avoid a vigorous workout 3 hours before bedtime

## 4 Sheets & Blankets

- Find comfortable materials that keep you at an enjoyable body temperature

## 5 Stretch

- Light yoga stretches help relax the body and clear your mind before bed or if you're having trouble falling asleep

## 6 Mattress

- Soft or firm is up to your personal preference
- Mattress pads can help make beds more comfortable

## 7 Blackout Shades & Eye Mask

- Darkness cues the body that it's time to sleep

## 8 Cell Phone & Computer

- Away from your bed and turned off or on silent
- End usage 30 minutes before bed as the blue light emitted can keep you awake
- Use a blue-light filter starting 3 hours before bedtime

## 9 Breakfast

- Waking up at a regular time and eating breakfast can help you stay on routine as well as nourished for your day

## 10 School Work

- Done at a desk, not your bed
- Bed is for sleep only

GET MORE SLEEP TIPS AT  
[HEALTHYHORNS.UTEXAS.EDU](https://www.healthyhorns.utexas.edu)



The University of Texas at Austin

Longhorn Wellness Center

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