



Create a
**Good
Night's
Sleep**



Hey there,

Getting good sleep is a challenge. Stress, busy schedules, and 'always-on' technology can make it hard to calm your mind at the end of the day.

We created this booklet of tips and activities to help you get the sleep you've been dreaming of. Pun intended.


Sleep can be a real struggle and talking with a professional can help. Additional resources are in the back of this booklet if you're looking for more information or support.


Sincerely,

BU Wellness & Prevention Services



Boston University Student Health Services
Wellness & Prevention Services

 @bustudenthealth

 @bustudenthealth

 Boston University
Student Health Services



✦ SLEEP ✦ What's the big deal?

We each need a different amount of sleep to feel recharged and well-rested. Getting the sleep you need benefits your mind and body.



Sleep can boost grades: It improves problem-solving skills and productivity. Avoiding all-nighters can also increase your GPA.



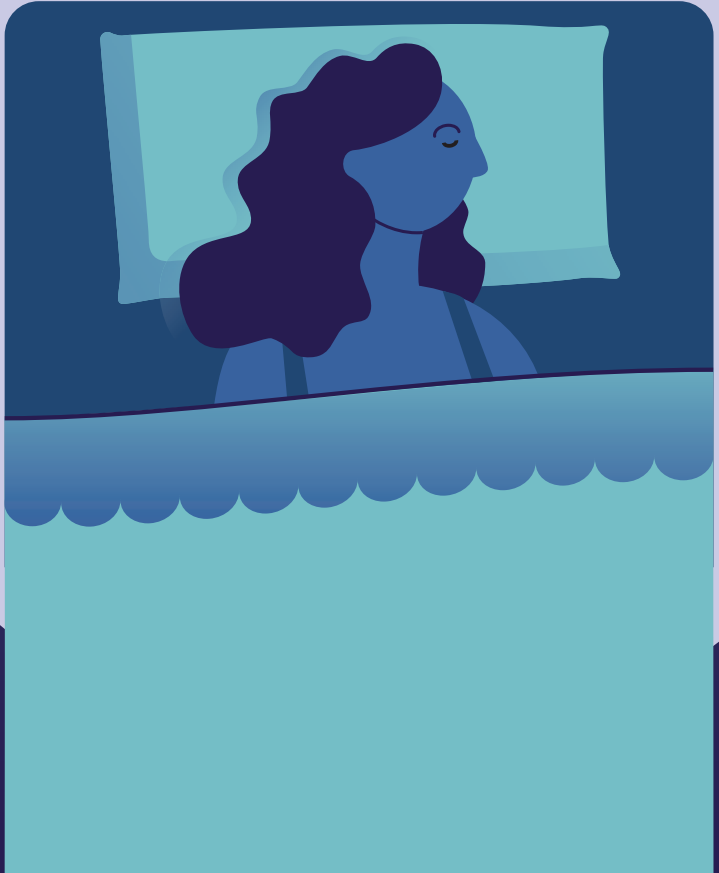
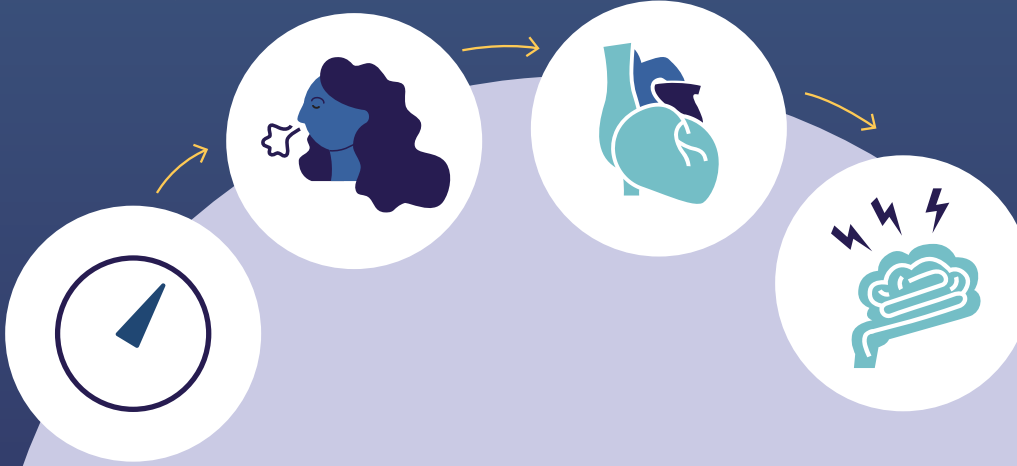
Sleep supports mental wellbeing: It improves mood and makes you feel less short-tempered, cranky, and irritable.



Sleep improves study skills: It enhances learning, listening, and concentration and converts short-term memories to long-term ones.



Sleep promotes physical health: It supports the immune system, helps the body fight off illness and maintain overall health.



The Science of Sleep

Sleep is surprisingly complex. There are two types: rapid eye movement (REM) sleep and non-REM (NREM) sleep. Both types restore your brain and body. NREM sleep repairs the body while REM sleep rests the mind. At night, you typically cycle through all stages of sleep.

NREM STAGE 1



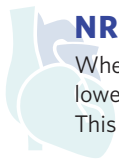
When your body goes from awake to asleep. Your heartbeat, breath, and eye movements slow and your muscles relax. This stage lasts about 5-10 minutes.

NREM STAGE 2



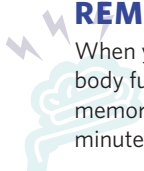
When you experience light sleep. Your heartbeat and breathing slow and muscles relax further. This stage lasts for about 20 minutes.

NREM STAGE 3



When your heartbeat and breath are at their lowest levels, and your brain waves become slower. This is the stage when your deepest sleep occurs.

REM SLEEP



When your brain becomes more active, your body fully relaxes, and you dream and consolidate memories. REM sleep usually happens about 90 minutes after falling asleep.

Getting Restful Sleep

These tips have helped nearly 4 in 5 BU students feel ready to make small changes to their sleep habits.

Check off the tips that might work for you:

Get moving:

Plan for at least 30 minutes of movement a day. Being physically active can make it easier to stay asleep at night

Nap earlier in the day:

Short naps (<1 hour) can boost your energy. Avoid naps within three hours of bedtime

Make your bed a sleep-only space:

Cue your brain and body for sleep by only using your bed for sleep (or sex, if that's something you're wanting!)

Talk with your roommates:

Share your sleep habits and preferences, and create a plan to respect each other's needs

Pause homework before bed:

Stop studying at least 30 minutes before bed to help calm your mind

Set a consistent sleep schedule:

Waking up and going to bed at the same time each day makes it easier to fall and stay asleep

Create a sleep-friendly environment:

Aim for a space that's quiet, cool, dark, and comfortable. Try earplugs or an eye mask to create this vibe

Wind down with a nighttime routine:

Stretching, a shower, and mindfulness exercises can be ways to relax

Mindfulness

FOR SLEEP

Mindfulness is a technique that focuses you on the present moment and mind-body connection. Practicing it can help you fall asleep, minimize thoughts that keep you up at night, and increase your quality of sleep.

Try a quick mindfulness activity below.

MINDFUL BODY SCANNING



1

Lie flat on your back on the bed, take a few deep breaths, and close your eyes.



2

Notice your breath and the places where your body is touching your bed.



3

Starting at the toes, you can think of “switching off” each part of your body, part by part.

Did you know that Headspace has sleep meditations, soundscapes, and more? Go to bu.edu/headspace to unlock your FREE subscription!

Sleep Tracker

So you'd like to work on your sleep, but are wondering what to do next? Keeping a sleep tracker can tell you a lot about your schedule, habits, and changes you could make.

COMPLETE BEFORE BED

Start Date ___/___/___	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Day of week							
Caffeinated drink in the past 6 hours	<input type="radio"/> Yes	<input type="radio"/> Yes	<input type="radio"/> Yes	<input type="radio"/> Yes	<input type="radio"/> Yes	<input type="radio"/> Yes	<input type="radio"/> Yes
	<input type="radio"/> No	<input type="radio"/> No	<input type="radio"/> No	<input type="radio"/> No	<input type="radio"/> No	<input type="radio"/> No	<input type="radio"/> No
Exercised	<input type="radio"/> Yes	<input type="radio"/> Yes	<input type="radio"/> Yes	<input type="radio"/> Yes	<input type="radio"/> Yes	<input type="radio"/> Yes	<input type="radio"/> Yes
	<input type="radio"/> No	<input type="radio"/> No	<input type="radio"/> No	<input type="radio"/> No	<input type="radio"/> No	<input type="radio"/> No	<input type="radio"/> No
Took a nap	<input type="radio"/> Yes	<input type="radio"/> Yes	<input type="radio"/> Yes	<input type="radio"/> Yes	<input type="radio"/> Yes	<input type="radio"/> Yes	<input type="radio"/> Yes
	<input type="radio"/> No	<input type="radio"/> No	<input type="radio"/> No	<input type="radio"/> No	<input type="radio"/> No	<input type="radio"/> No	<input type="radio"/> No
How often did I feel sleepy during daily activities?							
Not at all	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sometimes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Often	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Throughout the day, my mood was							
Pleasant	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Neutral	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unpleasant	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Notes Write down what you were doing an hour before bed.							

COMPLETE IN THE MORNING

Start Date ___/___/___	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Day of week							
Last night I slept a total of	Hours	Hours	Hours	Hours	Hours	Hours	Hours
Last night I fell asleep	<input type="radio"/> Easily	<input type="radio"/> Easily	<input type="radio"/> Easily	<input type="radio"/> Easily	<input type="radio"/> Easily	<input type="radio"/> Easily	<input type="radio"/> Easily
	<input type="radio"/> Not Easily	<input type="radio"/> Not Easily	<input type="radio"/> Not Easily	<input type="radio"/> Not Easily	<input type="radio"/> Not Easily	<input type="radio"/> Not Easily	<input type="radio"/> Not Easily
I woke up during the night	<input type="radio"/> Yes	<input type="radio"/> Yes	<input type="radio"/> Yes	<input type="radio"/> Yes	<input type="radio"/> Yes	<input type="radio"/> Yes	<input type="radio"/> Yes
	<input type="radio"/> No	<input type="radio"/> No	<input type="radio"/> No	<input type="radio"/> No	<input type="radio"/> No	<input type="radio"/> No	<input type="radio"/> No
When I woke up in the morning I felt	<input type="radio"/> Refreshed	<input type="radio"/> Refreshed	<input type="radio"/> Refreshed	<input type="radio"/> Refreshed	<input type="radio"/> Refreshed	<input type="radio"/> Refreshed	<input type="radio"/> Refreshed
	<input type="radio"/> Sleepy	<input type="radio"/> Sleepy	<input type="radio"/> Sleepy	<input type="radio"/> Sleepy	<input type="radio"/> Sleepy	<input type="radio"/> Sleepy	<input type="radio"/> Sleepy
Notes Write down factors that might have impacted your sleep (ex: worry about exam, homework up until bed, phone call late at night).							

Once you fill up this page, consider downloading a free app like Sleep Cycle or Pillow to track your sleep.

Putting Technology to Bed

As you're getting ready to call it a night, consider these tips. Check off the ones that might work for you:

Switch to 'Night Mode' to reduce your blue light exposure

Put your phone on silent and "Do Not Disturb" while you sleep to avoid interruptions

Log out of social media to limit late-night scrolling

Charge your phone away from your bed to avoid using it overnight

A Note on Sleep Aids

You may have heard of the sleep aid **melatonin**.

It's actually a natural hormone in the body that signals the brain to get ready for sleep. Most people's bodies make all the melatonin they need.

Taking melatonin supplements does *not* make your body fall asleep. Research shows it can be helpful for people with jet lag, or those needing to sleep during the day.

Sleep aids might work for an occasional sleepless night but avoid using them regularly.

If you're curious about the possible benefits of sleep aids, talk with your doctor to learn more.

Resources

BU Student Health Services has information and resources that can help improve your sleep. bu.edu/shs/sleep-resources

BU Behavioral Medicine can help you identify and address your sleep concerns. bu.edu/shs/bm

BU Wellbeing Project is a cross-campus initiative to support student wellbeing. bu.edu/wellbeingproject

BU Educational Resource Center helps with time management so you can get the sleep you need. bu.edu/erc

The National Sleep Foundation has numerous resources for sleep health. sleepfoundation.org

Headspace for BU Students has a library of free sleep meditations that can help you fall and stay asleep. bu.edu/headspace

REFERENCES

1. American Academy of Sleep Medicine (2017). College students: Getting enough sleep is vital to academic success. <https://aasm.org/college-students-getting-enough-sleep-is-vital-to-academic-success/>
2. Corliss, J. (2019). Mindfulness meditation helps fight insomnia, improves sleep. <https://www.health.harvard.edu/blog/mindfulness-meditation-helps-fight-insomnia-improves-sleep-201502187726>
3. Headspace (n.d.) Meditation for sleep. <https://www.headspace.com/meditation/sleep>
4. Mayo Clinic (2017). A beginners guide to meditation. <https://www.mayoclinic.org/tests-procedures/meditation/in-depth/meditation/art-2004585>
5. Mayo Clinic (2020). Meditation: A simple, fast way to reduce stress. <https://www.mayoclinic.org/tests-procedures/meditation/in-depth/meditation/art-20045858>
6. National Center for Complementary and Integrative Health (2019). <https://www.nccih.nih.gov/health/melatonin-what-you-need-to-know>
7. National College Health Assessment (2017). Boston University [Data set].
8. National Sleep Foundation (2020a). Sleep and teens. <https://www.sleepfoundation.org/>
9. National Sleep Foundation (n.d.). Sleep diary. <https://www.sleepfoundation.org/sites/default/files/inline-files/SleepDiaryv6.pdf>
10. National Sleep Foundation (2020b). Sleeping tips & tricks. <https://www.sleepfoundation.org/articles/healthy-sleep-tips>
11. University of Michigan (n.d.). Sleep. <https://campusmindworks.org/help-yourself/self-care/sleep/>

Sleep soundly with Headspace

Meditation can help you get a restful night's sleep. When we settle the mind, we can rest the body — making it easier to fall and stay asleep.

BU students get Headspace for free.

Sign up today to explore sleep mindfulness and meditation activities.

BU.EDU/HEADSPACE

