

ULifeline



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A Good Night's Sleep

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Topic: General

A GOOD NIGHT'S SLEEP

DO

- KEEP A REGULAR SCHEDULE
- GO TO BED AT THE SAME TIME EACH NIGHT
- GET UP AT THE SAME TIME EACH MORNING
- EXERCISE REGULARLY, BUT NOT BEFORE

BEDTIME

- NAP FOR UP TO 30 MINUTES ONLY, DURING THE

DAY

- HAVE A LIGHT SNACK BEFORE BED (WARM MILK REALLY HELPS!)

- BE COMFORTABLE...A TIDY BED, CLEAN SHEETS, A QUIET SPACE

- SLEEP IN A DARKENED AND WELL-VENTILATED ROOM

- KEEP PAPER & PENCIL NEXT TO THE BED TO RECORD REMINDERS OR WORRIES (THEN YOU DON'T HAVE TO KEEP THINKING ABOUT IT)

- HAVE A RELAXING BEDTIME ROUTINE

DON'T

- DRINK ALCOHOL BEFORE BED (YOU'LL GO TO SLEEP QUICKLY BUT YOU'LL WAKE UP SOON AND NOT FEEL RESTED)

- TAKE OVER THE COUNTER SLEEPING PILLS
- HAVE UPSETTING CONVERSATIONS BEFORE BED
- STAY IN BED IF YOU DON'T GET TO SLEEP

WITHIN ½ HOUR

- GET UP AND DO SOMETHING QUIET FOR A WHILE
- YOU CAN'T FORCE SLEEP SO DON'T WORRY

ABOUT IT

- KEEP LOOKING AT THE CLOCK: move it if you must!

- DRINK CAFFEINE IN THE EVENING
- SMOKE JUST BEFORE BEDTIME
- FORGET TO GET HELP IF YOU NEED IT

Related Links

- [When you are really upset who do you confide in?](#)
- [I Can't Concentrate!](#)
- [Career Decisions](#)
- [How To Get A Good Night's Sleep](#)
- [Problem Solving Tips](#)

Self evaluator

Get Involved

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If you need immediate help, click here now.

Mount Wachusett Community College
 Phone: 978-632-6178 Online: www.mwcc.edu/support/counsel/
<http://www.ulifeline.org/schools/mwcc>

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