

Counseling Services TIPS

How To Sleep Better

Do you have difficulty falling asleep, staying asleep, or do you feel poorly rested in the morning? If so, following these TIPS could be the cure to your problems.



Counseling Services



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HOW TO SLEEP BETTER

1. **SNOOZE FOODS:** Have a bedtime snack of carbs and calcium to increase tryptophan, a natural sleep aid. Examples: warm milk, cheese & crackers, fruit, or yogurt.
 2. **SMELL:** Aromatherapy is used to positively affect a person's mood or health. Lavender is calming and soothes nerves. Jasmine is relaxing and an antidepressant.
 3. **SOUND:** Turn off distracting noises or play white noise relaxing music.
 4. **TOUCH:** Have plenty of pillows, blankets & comfy clothes. Also relax your jaw.
 5. **SIGHT:** If you can't create a truly dark environment, try purchasing an eye mask.
- FALL ASLEEP IN YOUR BED
 - TAKE DEEP BREATHS
 - AVOID NEGATIVE THOUGHTS
 - LET GO OF YOUR STRESSFUL DAY
 - TAKE A WARM BATH OR SHOWER
 - AVOID LONG NAPS
 - DON'T STUDY IN YOUR BED
 - IF YOU DON'T FALL ASLEEP WITHIN 20 MINUTES, GET OUT OF BED AND DO SOMETHING QUIET AND CALMING FOR 20 MINUTES, THEN TRY AGAIN.