Sleep Tips for Academic Success

Personal Growth and Counseling Center (PGCC) counselors created the following list to encourage healthy sleep habits. Improvements in sleep can support better health and academic success. Students interested in learning more, or working on a specialized plan for their sleep, can contact the PGCC to schedule an appointment, 831-582-3969.

# Set a sleep schedule

Establish a consistent sleep schedule for every day of the week, including weekends. Don’t sleep in more than an hour, even on your days off.

# Create a sleep friendly environment

Communicate with your roommates to create a space that promotes good sleep. Turn down the lights at night, minimize noise, lower the room temperature and declutter your bed. Trouble coordinating with your roommate? Sleep masks, earplugs and white noise machines are great alternatives.

# Make your bed a sanctuary

If your body learns to associate your bed with sleep, you’ll start to feel tired as soon as you lie down. Find another place to eat, do homework and engage with social media and reserve your bed for sleep, sickness, and sex.

# Avoid caffeine, alcohol, marijuana and nicotine

Consuming these substances, especially close to bedtime, can affect your ability to fall asleep and/or get good quality sleep. Remember, caffeine can stay in your body for up to 12 hours and even some decaf coffee has caffeine!

# Power down for sleep

The light from computers, tablets and phones stimulate the brain. Turning off electronics at least 30 minutes before bed helps your brain power down and prepare for sleep.

# Get Help

If changing your sleeping habits has not helped, you’ve had trouble sleeping for months or your insomnia is affecting your daily life in a way that makes it hard to cope, be sure to seek help through the Personal Growth and Counseling Center or Campus Health Center.