

Sleep Tips for College Students

Insufficient sleep impacts our immune function, memory, mental function, mood, GPA and even our safety. Sleep restores our energy, fights off illness and fatigue by strengthening our immune system, helps us think more clearly and creatively, strengthens memory and produces a more positive mood and better performance throughout the day. Here are some tips to help you sleep better.



Avoid large meals late in the evening and reduce your fluid intake before bedtime.

Reduce your intake of caffeine and alcohol, particularly in the late afternoon or evening.

Both, even when consumed early in the day, can affect sleep.

Use “white noise” devices to block out surrounding environmental noise.

Establish a consistent bedtime routine.

Routines may include taking a warm bath with lavender, a relaxing walk in the evening, or practicing meditation or relaxation exercises as part of your regular nighttime routine.

Try to give yourself some time – up to an hour – in dim light before you go to sleep at night.

Get plenty of exercise during the day.

Being physically active during the day can help you fall asleep more easily at night.

Consider natural sleep aids

Supplements like magnesium, calcium and melatonin may help combat sleep problems.

Make your bedroom quiet and relaxing.

Make sure your bedroom is quiet, dark, relaxing, and at a comfortable temperature.

Turn off electronic devices at least 30 minutes before bedtime.

Using smartphones, tablets, and computers prior to sleep can lower levels of melatonin and shorten REM cycles. Turning off technology one to two hours prior to sleep can significantly improve quality of sleep.

Learn and use a relaxation technique regularly.

Breathing exercises, meditation and yoga can lead to a state conducive to sleep. Try TAO Self Help (free for OSU students).

