

Sleep Wellness Workshop

California State University, Fullerton
Counseling and Psychological Services
Phone: (657) 278-3040
Fullerton.edu/caps



Tools for sleep

Adults need between **7-9** hours of sleep each night for optimal performance and health.



Complete physical exercise at **least 3 hours** before bedtime.

It is best to rise **around the same time** every day, even on weekends.

Alcohol and marijuana **does not** help you sleep.

Power naps can be restorative but avoid taking naps after **3 PM** and no longer than **1 hour**.

Stages of Sleep

Benefits of getting a good nights sleep

Stage 1: Shallow sleep.
Very light sleep. Muscle activity slows down.

Stage 2: Light sleep.
Breathing, body temperature, and heart rate slows down.

Stage 3: Deep sleep starts.
Slow delta waves are generating.

Stage 4: Very deep sleep.
Muscle activity is limited. Body restoration occurs.

Stage 5: REM (rapid-eye movement) sleep.
Muscles become temporarily paralyzed.

*We cycle through these stages 4-6 times a night. Restoration occurs in the last few cycles.

Physical	Mental
Stronger immune system	Clearer thinking- improves concentration
Body restoration	Mood enhancer- regulates emotions
Increased coordination and performance	Stress reliever- increases ability to cope
Maintain healthy weight	Assistance for learning and memory

Sleep Hygiene

Things we can practice to ensure we obtain adequate and healthy sleep.



Take care of your body

Avoid the following **4-6** hours before bedtime:

- Drink caffeine.
Smoke.
- Consuming heavy, spicy, or sugary foods.
- Drink alcohol or use

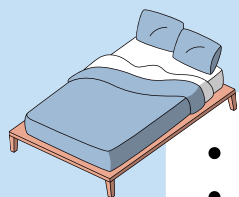
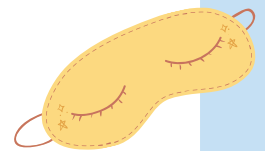
Sleep Habits

- Fix a bedtime and awakening time.
- Refrain from using a smart device before sleeping.
- Limit naps to 30-45 minutes.
- Sleep only when you're tired.
 - If you're struggling to fall asleep for more than 30 minutes, get up and do an activity.
- Associate your bed with relaxation (sleep and sex).

Bedtime Routine

It helps to have a set bedtime routine to signal to your body that it is time to go to sleep.

- Food.
 - Have a soothing drink like tea.
 - Pair warm milk with a light snack that is high in carbs and tryptophan.
 - High protein-foods without carbs (ex: meat or cheese without bread) or heavy/ spicy food can prevent sleep.
- Get ready for bed by cleaning up.
 - Bath, washing face, and brushing teeth.
- Go to bed at the same time each night.
- Meditation.
 - Deep breathing, yoga, and progressive muscle relaxation.
- Leave worries behind.
 - Set aside time to jot down worries/ to-do list.
- Pre-sleep exercise.
 - When in bed think of calm things.
 - Example: Think of 3 nice things that happened that day. Think of 3 things you are grateful for.



Sleep Environment

- Make sure your bed is the right size and firmness.
- The temperature of the room matters. Not too hot or too cold.
- Eliminate noise and light.
 - White noise generators, eye mask, heavy curtains.

Additional Resources

