FLYER WELLNESS

Here are some effective tips to establish healthy sleeping habits:

STUDENT WELLNESS CENTER
LEWIS UNIVERSITY
Live Well.

Why is it important to get enough sleep?

- Improve concentration and academic performance
- Reduce stress and support mental health
- Boost your immune system
- Increase energy and motivation
- Supports a healthy heart

Avoid beverages and foods that contain caffeine in the afternoon and evening hours.

Stick to a consistent sleep schedule.

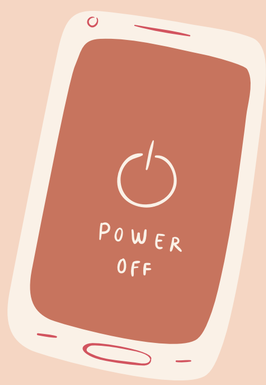
Create a relaxing bedtime/pre-bedtime routine.

Any relaxing activity about an hour before bed helps creates a smoother transition.

- Read a book
- Listen to music
- Journaling
- Light stretching

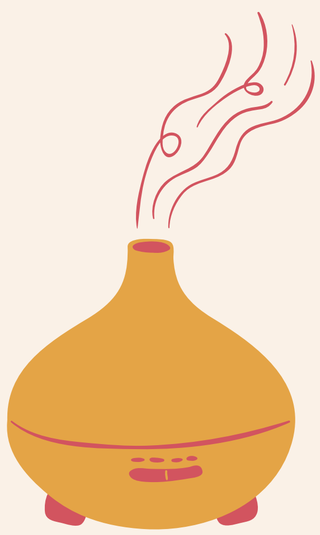
Unplug an hour before bed.

Keep screen use to a minimum, at least an hour before bed



Keep your room cool and comfortable.

Ideal room for sleeping is cool, quiet, and dark.



Creative Expressions "Time for a Self-Care Moment"

Join our counselors for conversation, ice cream, and a creative art space to unwind.
April 17, April 25, May 1, and May 8
in MT-030 from 12:30 - 1:30 PM