

Good Night Sleep Kit

The Importance of Getting a Good Night's Sleep



Created for your wellness by the
Office of Health Education and Promotion
Health Services
(603) 862-3823
www.unh.edu/health-services/OHEP

Learning About Sleep

According to the National College Health Association's National College Health Assessment, lack of sleep has the second greatest impact on academics while in college (the first being stress). This information packet has been created to help you learn more about good sleep hygiene. These tips can be applied while you are in college and beyond.

WHAT IS SLEEP?

Sleep is an activity that allows our body and mind to rest and repair. Most young adults need 8-9 hours/night, but most only get 6-7 hours/night.

Sleep is regulated by our biological rhythms that are generally governed by the circadian rhythms of the earth, moon, and sun. The rotation of earth from morning to night influences our body. **It is important for our bodies to be inline with these circadian rhythms by being awake in the day and asleep when it is dark.**

Light and melatonin, a neurochemical in our bodies, are key factors in our sleep-awake cycle. When the sun sets and lights go low, melatonin is usually released. When the sun rises and light reappears, the production of melatonin is suppressed. When one spends too much time in a room with bright lights or in front of computer monitor late into the night, the release of melatonin is delayed causing disruption to the sleep-awake cycle.

WHAT HAPPENS WHEN WE SLEEP?

Try not to snooze during this section; it is just a little bit of information. A typical night's sleep happens in roughly 90-minute cycles. If we get the number of hours recommend we will have 6 - 9 cycles, per night.

There are four stages of sleep in Non-REM (Rapid Eye Movement):

Stage 1

Transitional - This is the time between wakefulness and sleep. This stage usually lasts 3 - 5 minutes.

Stage 2

This stage brings you to a slightly deeper sleep and lasts 30 - 40 minutes. 50% of our sleep time is spent in this phase.

Stages 3 & 4

During these stages, brain activity slows down and sleep becomes deeper.

The slow-wave sleep of stages 2, 3 and 4 is the restorative, most biologically necessary sleep stage, in which a great deal of body and cell repair and recovery happens. It also plays an important role in memory retention. Breathing, heart rate and temperature all go down as your body relaxes.

After stage 4 is completed, your body cycles back through stages 3, 2 and then go into REM sleep or deep sleep. In REM sleep, your eyes dart back and forth and your pulse, breathing and temperature all go up. At the same time, your large muscle groups can't move. Brain wave patterns are similar to those in wakefulness, yet it is in this stage that you are the most difficult to wake. The first REM cycle lasts about 2 - 10 minutes, and with each cycle, REM sleep increases in duration.

REM sleep is the stage of most intense dreaming. Dreaming is a stress releaser. Dreams are also thought to be symbolical expressions of what is happening in our body and minds, some of which may be unconscious to us.

Not Getting Enough... Sleep?

Getting enough sleep is important because it...

- Helps the body and mind rest and repair for a new day
- Provides energy needed to manage stress
- Decreases risk of depression, anxiety or other psychological concerns
- Improves mood making you less irritable, short-tempered or emotional
- Increases ability to make rational decisions/choices
- Improves academic performance
- Increases creativity and spontaneity
- Increases memory, motivation, concentration and problem solving skills
- Increases your lifespan
- Decreases fatigue
- Positively impacts motor skills and athletic performance
- Decreases proneness to accidents and injuries
- Boosts the immune system – helping you to get and stay well during colds/flu season

Sleep Debt?

When you get too little sleep your body accumulates “sleep debt.” Which means you didn’t get enough sleep to cover your energy needs for the day. Your body needs to sleep, and if you do not get the needed amount, it will make sure the “sleep debt” gets paid. Your body will fall asleep and this may not be at the best time, for example in class or while driving.

Napping?

“Take a nap every afternoon!” - Robert Fulghum, author, All I Really Need to Know I Learned in Kindergarten

Many college students stay up late during the week and try to catch up on the sleep they lost during the weekend. This is called “binge sleeping” and unfortunately it doesn’t work. “Binge sleeping” only pushes your biological clock further off schedule.

Napping could be a better solution, depending on you body’s natural sleep wake cycle. Follow these guidelines to good power napping:

- Try not to take a nap until at least 8 hours after you wake up from a night’s sleep
- Try to sleep for around 20-30 minutes so that you don’t enter REM, deep sleep. This helps lower your “sleep debt.”
- If you have time to take a longer nap, try sleeping for 90 minutes. This allows your body to fall into your natural sleep/wake cycle.
- Even if you don’t fall asleep, finding 20-30 minutes in the course of your day to lie down, be motionless and close your eyes has numerous health and wellness benefits.

Have you heard about Power Napping? Learn more about it by **checking out the Power Nap CD** from the **Health Services Resource Library**.

Helpful Hints to Sleeping Better

FOLLOW THESE TIPS TO A BETTER NIGHT'S SLEEP

- **Create a routine.** Try to create and keep a daily schedule that allows you to get up and go to bed at the same time each day, this includes the weekends!
- **Say no to “all nighters.”** A recent study found that college students who deprived themselves of sleep to study all night had lower GPAs than those who made time to get a good night's sleep.
- **Create a sleeping space** that is peaceful and inviting.
- **Limit the type of activities you do in bed** so your body recognizes bed as resting and relaxing. Some say you should limit activities in bed to sleep and sex (if you are sexually active).
- **Keep your room dark and a cool temperature** of at least 65 degrees. If your room can't be dark, wear an eye mask.
- **Block out noise.** Your sleeping space should be quite, if not consider using earplugs.
- **Have a comfortable bed.** You may not be able to choose your bed but you can have comfortable sheets, pillows, blankets and bed toppers.
- **Exercise** daily but not within 2 hours of bedtime.
- **Don't work or study right up until bedtime.** Take time to relax (read a book, listen to relaxing music, have a glass of tea or warm milk) so that your mind and body have time to unwind.
- **Create a bedtime routine 1-hour before going to bed** – take a warm bath or shower, do some light stretching, write in a journal, listen to calming music, or anything that tells your body it is getting close to bedtime.
- **Don't smoke.** People who smoke take longer to fall asleep, wake more often and have less REM and deep non-REM sleep.
- **Avoid alcohol close to bedtime.** Although it may make you fall asleep, it often disrupts your sleep causing frequent awakenings during the night.
- **Avoid caffeine** (coffee, soda, tea) within 6-8 hours of going to bed.
- **Learn to manage your stress.** This is one of the best things you can do to get a good nights sleep.
- **Eat a healthy variety of foods on a regular schedule** that provide needed vitamins and minerals including Calcium, B-vitamins, magnesium, zinc, copper and iron:
 - Fruits and vegetables
 - Whole grains
 - Limit fats

TIPS TO HELP YOU FALL ASLEEP

If you have trouble getting to sleep, you might find the following helpful:

- **Turn off distractions** such as the television, your computer, your cell phone, text messaging, etc.
- **Drink warm milk** (you can add honey, this adds to milk's impact on sleep) or chamomile tea prior to bed.
- **Use aromatherapy** to calm the mind and body. Scents that seem to help facilitate rest and sleep include lavender and jasmine.
 - Place a lavender sachet under your pillow
 - Spray your space with a light fragrance containing jasmine or lavender a few minutes before bedtime
 - Add a few drops of lavender or jasmine scent to the rinse water when you're washing your bed linens, or use detergents and fabric treatments containing these scents
 - After your evening shower or bath, apply a soothing body lotion containing a sleep enhancing scent
- **Journal writing** is a good way to get your thoughts out of your head so that your mind and body can rest. Make a list of tasks you need to do or write down a "worry list" so you don't need to take these thoughts to bed with you.
- **Relaxation techniques** such as deep breathing, progressive relaxation, meditation, stretching, etc. are great ways to prepare your mind and body for sleep.
- **Don't force yourself to fall asleep** or focus on the clock. Lie in bed with your eyes closed. Just lying still in bed with your eyes closed provides benefits of rest and relaxation.
- **If you can't fall asleep after 15-minutes** get out of bed and do something relaxing. This is so your body doesn't begin to think of your bed as a stressful place.
- **Don't take sleeping pills** unless prescribed.

Interesting Sleep Facts

Did you know: The less people sleep the more they tend to weight?

Leptin is a hormone that affects our feelings of fullness and satisfaction after a meal. Ghrelin is the hormone that stimulates our appetites.

When we suffer from sleep deprivation, our body's levels of leptin fall while ghrelin levels increase. This means that you end up feeling hungrier without really feeling satisfied by what you eat, causing you to eat more and, consequently, gain weight.

Did you know: Lack of sleep can put individuals in a pre-diabetic state?

Sleep deprivation (restricted sleep to 4 hours/night for 6 nights) put individuals in a pre-diabetic state. Another reason why sleeping is good for your body!

Did you know: It takes a minimum of 3 days for the body to recover from a night of heavy drinking?

Friday night – You are excited to go out after the long week. You have some drinks and become intoxicated. You get back to your room and sleep for 10 hours but your brain never fully enters the REM stage. You wake up on Saturday morning feeling tired and sluggish.

Saturday night – You have no intentions of going out. Tonight you are going to “catch up” on your sleep. But when you go to bed your sleep-deprived brain enters REM REBOUND, staying too long in the REM stage. Again, you wake up feeling tired and sluggish on Sunday – this is not good considering you were planning on doing your homework today.

Sunday night – Finally, your brain is returning to a normal sleep cycle. You are able to go to sleep and wake up on Monday morning feeling rested and refreshed. But you didn’t ever get around to enjoying your weekend or getting your homework done.

Did you know: For women, sleep is disrupted while they are menstruating.

Women are more prone to complain of sleep problems during menstruation when their hormones are at their lowest level.

All About Dreams

Dreaming is connected to bursts of electrical activity that go through the brain stem every 90 minutes during REM (deep) sleep. Over a lifetime, an average person spends more than 6 years dreaming! Clocking more than 136,000 in all!

Carl Jung (1875-1961) believed that dreams are a gift from the unconscious mind to...

- Offer a symbolic glimpse into unrecognized aspects of ourselves
- Offer an uncensored view of our true emotions and intuitions
- Serve as reminders of events or tasks that may have slipped our mind

He believed that keeping a record of dreams, imagery, symbolism and fantasies helps individuals to tap into the unconscious mind to learn more about ourselves and discover ways to cope with our current realities.

KEEPING A DREAM JOURNAL CAN BE FUN AND INSIGHTFUL

- Upon waking, record your dreams. Write or draw the first images and words that come to mind. Don’t try to interpret, just write.
- After you have recorded your dream, circle symbols and/or words that are important to you.
- Spend time thinking about what these might represent. What insights or inspirations do they provide?
- Ask each symbol, “who are you and why are you in my dream?” Write down the first response that comes to mind, even if it doesn’t make sense.
- Keep working with the symbol until its importance is clear.

* We have included a sample dream journal sheet for you to use to get started at dream journaling.

Relaxation Techniques

DEEP BREATHING

DIAPHRAGMATIC BREATHING/BELLY BREATHING

- Lie on the floor, comfortable position, loosen clothes around waist and neck. Place your hand over your abdomen/belly (that is so you can feel the rise and fall of abdomen).
- Concentrate - initially to do this in a quiet space with little to no distraction.
- Clear your mind. When you notice competing thoughts, just allow them to come and go without giving them attention and refocus on your breathing
- To become more deeply aware, focus on your breath as it goes in and out of your body. Feel the air come into your nose (mouth), down into your lungs, and feel your stomach rise then descend as you exhale the air, feeling it leave your lungs, throat and nasal passage. Repeat this with each breathe.
 - Phase 1: Take air into your lungs through nose/mouth
 - Phase 2: Take a slight pause before exhaling
 - Phase 3: Exhale or release the air from your lungs through the passage it entered
 - Phase 4: Take another slight pause after exhaling before next inhalation

It helps to exaggerate your breath to help recognize each phase, but don't hold your breath at any point. Take slow, relaxed and as deep of a breath that feels comfortable.

Exhaling in Phase 3 is said to be the most relaxing phase because you can feel the relaxation not only in chest and abdomen but also in all areas of the body. Your body will become more relaxed as breathing continues.

Become aware of your breath. During normal breathing we tend to only use the upper lobes of our lungs. During the initial stages of relaxed breathing both upper and middle lobes are filled with air. In deep breathing all three lobes of the lungs are used.

DEEP BREATHING WITH VISUALIZATION

Find a comfortable position, close eyes, focus on breathing. Visualize the air that you take into your lungs as being clean, fresh, pure, healing and energizing air. As you breathe visualize it as it enters your nose or mouth travel through sinus cavity to the top of your head and down your spinal column to circulate throughout your body. As you exhale, visualize that the air leaving your body is dirty symbolizing all of your stress and toxins in your body and mind. With each breath, fresh, cleaning, healing air enters your body and dirty air is released with each exhale. Breathing creates calmness and assists in reducing stress.

Repeat this breathing for 5-10 minutes.

PROGRESSIVE RELAXATION

This relaxation technique requires a quiet environment, a passive attitude, and a comfortable position.

Directions:

1. Sit or lie down in a comfortable position.
2. Close your eyes.
3. Let yourself relax.
4. Pay attention to your breathing. Let it flow in and out through your nose. Don't try to control it. Just observe the flow of air and the muscle movement in your chest, diaphragm, and stomach.
5. After about a minute or so, begin tensing/relaxing different parts of your body following the sequence below. Hold each part tensed for approximately six seconds, relax the area and spend 15-20 seconds sensing the relaxation coming into the part of the body previously tensed. Do not worry if you forget part of the sequence or alter it. The important thing is to become aware of the difference between the sensation of muscle tension and relaxation.

Sequence: Head to Toe or Toes to Head

1. Tense and relax the forehead by frowning.
2. Tense and relax the eyes by squinting.
3. Tense and relax the neck by pushing the head down.
4. Tense and relax the neck by bringing the chin down toward the chest.
5. Tense and relax the tongue by pushing it against the roof of the mouth.
6. Tense and relax the jaw by clenching the teeth together.
7. Tense and relax the mouth by squeezing your lips tightly together.
8. Tense and relax the right hand by making a fist.
9. Tense and relax the right upper arm by bending it at the elbow and bringing the hand up to the shoulder.
10. Tense and relax the left hand. Same as in 8.
11. Tense and relax the left upper arm. Same as in 9.
12. Tense and relax the shoulders by lifting them up.
13. Tense and relax the chest by pushing up with the chest.
14. Tense and relax the back by arching the back up.
15. Tense and relax the stomach by drawing it in towards the backbone.
16. Tense and relax the stomach by pushing it out.
17. Tense and relax the upper part of the right leg by lifting it 6" off the ground.
18. Tense and relax the right calf by bending the big toe towards the knee.
19. Tense and relax the right foot and calf by scrunching the toes down towards the heel.
20. Tense and relax the left upper leg. Same as in 17.
21. Tense and relax the left foot – toes up. Same as in 18.
22. Tense and relax the left foot – toes down. Same as in 19.

Sequence: Circular

1. Right foot – toes up & down
2. Right upper leg
3. Stomach – in & out
4. Back
5. Chest
6. Right hand

7. Right upper arm
8. Right shoulder
9. Neck – head back & chin down
10. Jaw
11. Tongue
12. Lips
13. Eyes
14. Forehead

Then back up the list beginning with forehead and going down the left side of the body.

Now, gently without tensing, go through the body sequence above letting the relaxation come into each part. Take your time. Focus a little longer in areas that seem tense before moving on to the rest of your body.

Then, just let yourself lie quietly enjoying the relaxation, feeling calm and contented. If you lose your attention on your body, it is okay as long as you let your mind just float along. Don't get involved in thinking.

Allow 10-20 minutes for the whole experience. Don't use an alarm clock. You can open your eyes, however, to check the time. When you finish, slowly bring your attention back to the room by listening to the sounds in the room and surrounding area. Become aware of your body and gradually move your hands and/or feet to begin to feel some movement. After a minute or so, open your eyes slowly, taking time to readjust them to the light and surrounding stimuli. Sit up, if lying down, and hold that position for a little time. If sitting, you can stand up, but do so without haste.

It is better to practice twice a day but once is sufficient. Even if you have a difficult time relaxing sometimes, don't give up, as practice is important. Gradually the distractions you experience will become less demanding.

Practice is best not started until 2 hours after a meal, so try mid-morning, mid-afternoon, shortly before supper or mid-evening.

*As edited by Russ Whitman, Counseling Center, University of Maine, Orono.

STRETCHING

If you are feeling stressed doing some simple stretching exercises will help loosen tight muscles. Stretching can help you to feel more relaxed and more flexible and prevents muscle stiffness, strain, and soreness. Stretching can improve blood flow, and keep your muscles from getting tight after doing other exercises.

You can stretch anytime and anywhere. You don't need a special time or place to do stretching. You can do it at home, at school, standing up or sitting down.

It's important to never stretch cold muscles. The first thing to do before you stretch is to do some gentle movement. Warm up all the joints in your body, paying special attention to each of them. Close your eyes and exhale. Focus on your breathing for a few moments and let yourself relax into the breath. Listen to your body as you stretch. If a particular motion causes discomfort or pain, modify it so you don't over exert yourself. Keep at it because the more you stretch, the more flexible you become. Never bounce your stretch. This can cause muscle strains and tears. Just do a gentle and slow stretch of the muscle group.

Here are some simple ways to stretch:

Body Bend

Stand with your feet together and your arms at your side. Bend your body at the waist, allowing your head, arms, and torso to hang loosely toward the ground. Keep a very gentle bend at the knees so you don't hyperextend them. Now just let yourself hang in this position for a few moments. Focus on your breathing. With each exhalation, let yourself relax a little bit more. When you feel ready, allow your body to slowly roll up, one vertebra at a time, so that your head comes up last.

Torso Stretch

In a standing position bring your arms over your head and clasp them together. Facing forward, allow your arms to lean to the right. This will extend your middle torso to the left, stretching that entire left region of your body. You will resemble a quarter moon. Breathe into the stretch. Release and come back into standing position. Switch sides.

Shoulder Roll

In a standing or seated position, relax your shoulders. With your arms at your side, do a circle motion with one shoulder, then the next. Close your eyes and focus on your breathing as you do this. Now take a deep inhalation and bring your shoulders up toward your ears, and with the exhalation, release them. Now roll both shoulders together from front to back. Next roll both shoulders from back to front.

Neck Stretch

In a standing or seated position, looking straight ahead, let your head drop to the right side so that your ear is close to your shoulder. Bring your right hand to the top of your head and gently pull to the right. At the same time, pull your left shoulder down. This will give you a maximum stretch. Breathe into the stretch. Gently bring your head back to its normal position and switch sides.

Arm Stretch

Raise your arms above your head. Interlace your fingers, palms facing up as far as you can. Reach for the sky. Breathe into the stretch. Hold for 10 seconds. Release and Repeat.

Leg Stretch

In a seating position on the floor with your legs straight in front of you, relax your head and body forward and with your arms, reach for your toes. With each breath, relax further into the stretch. Relax and repeat.

Back Stretch

Lie on your back, keeping your knees bent and your feet flat on the floor. Bend your right leg and with your arms around your knee, bring in toward your chest. Breathe into the stretch. Relax and Repeat. Switch sides.

SELF-MASSAGE

Massage is one of the easiest ways of attaining and maintaining good health and well being. It's a healing instinct, innate in all of us, to rub an aching knee, or stroke a furrowed brow. Headaches, aches and pains, insomnia, tension and stress can all be alleviated with one simple instrument -- our hands.

The basis of massage is touch. There is increasing medical evidence to show the great value of touch. Touch is so natural that without it people become depressed and irritable. Observations show that children brought up in families where parents and children touch each other are healthier and more able to withstand pain and infection than those children deprived of touch. They tend to sleep better, are more sociable and generally happier.

Massage has amazing effects on the health of the person being massaged. It improves circulation, relaxes muscles, aids digestion, and by stimulating the lymph system, speeds up the elimination of waste products. These direct benefits, combined with the psychological benefits of feeling cared for quickly produce a wonderful feeling of well-being that cannot be matched by modern drugs.

You can massage yourself. Use self-massage to energize yourself before school or work in the morning, or to unwind in the evening. You can massage your feet while watching TV, or massage your hands while talking on the phone. You do not need to undress, but you must be comfortable. Use oil if you are massaging on bare skin. Sit in a chair or on the floor, or lie down with your knees bent and your feet on the floor.

Hand Massage

It may seem surprising that people carry a lot of tension around in their hands. But it's actually quite obvious when you think about how much you use your hands. Most of our movements are holding, clutching actions, so it is very relaxing to counteract these movements by opening the palm and your fingers.

1. Stroke the back of your hand, pushing firmly up toward the wrist and gliding back gently. Then squeeze the hand all over, pressing it between your palm and your fingers.
2. Squeeze each finger all over and make circular pressures over the joints with your thumb. Then hold the finger at its base and pull it gently to stretch it, sliding your grip up the finger and off the tip.
3. Stroke between the tendons on the back of the hand with your thumb. Stroke in the furrow to the wrists doing four strokes in each furrow.
4. Turn your hand over and support the back with your fingers. Do firm circular and static pressures with your thumb, working all over the palm and around the wrist.
5. Finish the massage by stroking the palm of your hand from the fingers to the wrist. Push into it with the heel of your other hand, then glide gently back and repeat. If you end your massage with your hands, this is a good time to apply a hand lotion to them.

Face and Neck Massage

Giving yourself a face massage can relieve headaches, anxiety and banish fatigue. Face massage can also benefit your appearance by improving your complexion and leaving your face looking fresher. Use a light face oil so you don't drag your skin. (If you have oily skin wash your face after the massage). You can fit a massage in at any time: a stimulating one first thing in the morning, or a soothing one in the evening. Try to vary the movements: brisk and fast for an energizing effect, or slow and smooth if you want a calming effect. Repeat each movement as often as you like.

1. Start by putting your hands over your face, with your fingers on your forehead and the heels of your hands on your chin. Hold them there for a moment, then very slowly and gently draw them out toward your ears. As they move out, imagine that they are dissolving the tension from your face and drawing it away like magnets.
2. Tilt your head to one side and using the back of your hands stroke from the collarbone to the chin, one hand following the other. Tilt your head to the left and stroke up the right side of your neck, then repeat on the other side. Stroke firmly to stimulate the circulation and help keep the skin on your neck firm.
3. Pinch all along your jaw line using your thumbs and the knuckles of your index fingers. Start under your chin and work out toward your ears. Keep the pinching close to the bone, so you don't stretch the skin.
4. Gently, slap under your chin with the back of your hands, while alternating hands. Exercise the muscles under your chin by keeping your tongue curled back in your mouth while you perform this stimulating movement.
5. Make small circular pressures all over your chin and around your mouth with the index and middle fingers of each hand. While you do this, exercise the muscle around your mouth by making a large O and holding your lips tightly over your teeth. Then exercise the muscle further by exaggeratedly saying "Aah," "Ooh," "Eee," "Uuu," to stimulate the circulation and to prevent wrinkles from developing around your mouth.
6. Stroke from the corners of your mouth to your ears. Use one hand on each cheek and move them both out together. Then, both hands on one side, stroke from your mouth to your ear, using the back of your fingers.
7. Stroke up your forehead from the bridge of your nose to your hairline with one hand following the other. Mold your hands to the shape of your forehead, and close your eyes to enjoy this soothing movement.
8. Massage the muscles between your eyebrows. Place both index fingers on the bridge of your nose and make short, firm strokes upward first, then across and then diagonally.
9. Make circular pressures all over your forehead, working in lines from the bridge of your nose to your temples, to cover the whole forehead up to your hairline. Press firmly, but don't drag your skin. Then stroke your forehead gently with your fingertips to soothe it after the last stimulating movement.
10. Stroke from the center of your forehead to your temples and finish by pressing gently on the temples. You can strengthen the jaw muscle by clenching your teeth slightly as you press on your temples. Feel the muscle working under your fingers. Then hardly moving the skin, circle slowly and steadily to stimulate the muscle.
11. Stroke in a circle around your eyes with your middle fingers. Stroke firmly and evenly from the bridge of your nose out over your eyebrows, press on your temples, then glide lightly under your eyes, barely touching the skin.
12. Pinch along around your eyebrows from the center to the temples with your thumbs and index fingers. Then press into the tiny indentation in the bone under the eyebrows at the bridge of the nose.
13. Relax your eyes by palming. Put the heel of your hands into your eye sockets and hold your hands there for a few seconds. Enjoy the darkness for a second. Press gently, then slowly glide your hands away. After only a few seconds of darkness, there is a wonderful light that seems to revitalize many people. Try this, it only takes a few seconds, but it is very refreshing.
14. Finish by covering your face with your hands and stroking gently out to the sides. This simple massage should make your skin look fresher and you will feel revitalized. Think I will go do it myself right now as a matter of fact. ENJOY!

Time Management

Find out how you can better manage your time. 1 meaning never and 5 meaning always

▪ I consider myself a procrastinator	1	2	3	4	5
▪ I find myself studying during times I'm too tired to concentrate	1	2	3	4	5
▪ I tend to put off boring or difficult study material or assignments for too long	1	2	3	4	5
▪ I spend too much time IMing, playing video games or watching TV, etc.	1	2	3	4	5
▪ I find myself cramming for tests	1	2	3	4	5
▪ I feel I don't have enough time to fit important things in	1	2	3	4	5
▪ I am able to say "no" to friends when I have academic work to do	1	2	3	4	5
▪ I review my class notes within 24 hours of taking them	1	2	3	4	5
▪ I've made a clear study schedule/plan and I'm sticking with it	1	2	3	4	5
▪ I find enough time for non-academic things that are important to me	1	2	3	4	5
▪ I use a study environment in which I can focus and get effective work done	1	2	3	4	5
▪ I have and use a planner to keep track of exams, due dates and more	1	2	3	4	5

CREATING A LIFE/STUDY SCHEDULE

Make a schedule of your time commitments that don't change like classes, work hours, meals, recreation. Then work in study times using the following suggestions:

- Think about being a student as a 9 to 5 job and **use daylight hours for classes and study**.
- **Create regular study times** for each week so that you get into the pattern of activity.
- **Combine activities** like working out with friends or reading while doing laundry, this saves time.
- Consider **studying the same subject at the same time each week** or vary activities if it helps with concentration and follow through.
- **Schedule definite work times** and optional ones depending on your work load.
- **Think about your body clock** and schedule the hardest work during your best concentration times.
- UNH general guideline is **two hours of study time for each hour of class time**.
- **Work in short time blocks and take a break**. Ideally study for 50 minutes and take a 10 minute break. If your concentration span is shorter, start with what works for you.
- **Use small blocks of time between classes to review class notes**. Reviewing after each class significantly increases retention of material over time. After 24 hours, you forget nearly 50% of what you learned if you don't review the material.

USING STUDY TIME PRODUCTIVELY

- **Create "to do lists"** from your syllabi on paper, on your palm pilot, on your cell phone, etc. Check your list regularly to complete tasks scheduled for that day.
- **When you leave your room in the morning, bring all materials you need** to accomplish your "to do" list that day thus avoiding the need to go back to your room during the day.
- **Study with people from your class**.
- **Let your friends know about your schedule** and when you will see them. Before saying "yes" to an invitation, think about the impact on your work load and alternative times to get the work done.
- **Find a study space** that is free from distractions and meets.
- **Prioritize items** on your study plan and divide the assignments into smaller, realistic parts to see your progress.
- **Turn off distractions** – TV, computer, cell phone, text messaging, instant messaging, Facebook, etc.

Resources at UNH

HEALTH SERVICES

<http://www.unh.edu/health-services> | (603) 862-2856

See a physician or nurse practitioner at Health Services if...

- Lack of sleep is seriously interfering with school, work or relationships with family and friends
- You rely on sleeping pills to make you sleep or amphetamines and energy drinks to keep you alert during the day
- You are having a difficult time coping with depression, anxiety or chronic pain
- You have had a recent change in medication that is effecting your sleep patterns
- You snore heavily or stop breathing for intervals during the night - you may have sleep apnea (blocked or partly blocked airway)
- You are feeling overwhelmed and stressed out

OFFICE OF HEALTH EDUCATION AND PROMOTION, HEALTH SERVICES

<HTTP://WWW.UNH.EDU/HEALTH-SERVICES/OHEP> | (603) 862-3823

The following education/counseling services are available to all UNH students at Health services. Most services are covered by the Health Services fee, unless otherwise noted.

- Stress management and sleep hygiene education/counseling
- Individual and group meditation sessions
- Yoga classes
- Nutrition education/counseling
- Alcohol, tobacco and other drugs education/counseling
- Light therapy
- Massage therapy (student rate: \$35/traditional, \$45/hot stone)
- Health Services Resource Library (visit the sleep section)
- Learn more about sleep at our Web site: www.unh.edu/health-services/ohep/sleep
- Download free meditations at our Web site: www.unh.edu/health-services/meditation-cd
- And MORE!!!

CENTER FOR ACADEMIC RESOURCES (CFAR)

www.cfar.unh.edu | (603) 862-3698

The following academic support services are available to all UNH students:

- Ongoing, individualized learning skills instruction in time management, note-taking, and test-taking
- Peer support for academic and personal concerns
- Drop-in tutoring for selected courses and referrals for individual & group tutoring
- Weekly peer-led study groups for select highly-enrolled courses

COUNSELING CENTER

www.unhcc.unh.edu | (603) 862-2090

- The Counseling Center is the primary mental health facility on campus that offers counseling and therapy for students who may be experiencing situational or ongoing psychological difficulties.