

# 10 SLEEP HACKS EVERY STUDENT NEEDS TO KNOW

It's important to get a good night's sleep, but it's also important to know when to get up. If you're a student, you know that you need to get up early in the morning. But what if you're having trouble falling asleep at night? Here are 10 sleep hacks that every student needs to know.

## 1 Avoid Caffeine in the Evening



Caffeine is a stimulant that can keep you awake for hours. Avoid coffee, tea, and energy drinks in the evening to help you fall asleep faster.

## 2 Resist the Temptation of an All-Nighter

It's tempting to pull an all-nighter when you're behind on schoolwork, but it's a bad idea. You'll be exhausted the next day and your performance will suffer.



## 3 Ensure you get Regular Exercise



Regular exercise can help you fall asleep faster and wake up feeling refreshed. Aim for at least 30 minutes of moderate exercise each day.

## 4 Get into a Sleep Routine

Establishing a consistent sleep routine can help your body know when it's time to sleep. Go to bed and wake up at the same time every day, even on weekends.



## 5 Sleep with Earplugs in



Earplugs can help block out noise that might wake you up during the night. They're especially helpful if you live in a noisy environment.

## 6 Relax!

Relaxation techniques like deep breathing and meditation can help you calm your mind and fall asleep faster. Try these techniques before bed.



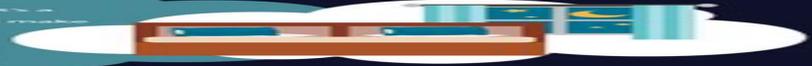
## 7 Take a Nap . . . But not for too Long!



A short nap can help you feel more alert and focused during the day. However, napping for too long can make you feel groggy and tired.

## 8 Make your Bed a Place Just for Sleep

Use your bed only for sleeping and sex. Avoid watching TV, reading, or working in bed. This helps your brain associate the bed with sleep.



## 9 Understand the Benefits of Aromatherapy



Aromatherapy uses essential oils to promote relaxation and improve sleep. Lavender and chamomile are popular choices for sleep.

## 10 Limit Alcohol Intake

Alcohol can interfere with your sleep cycle and make you wake up more often during the night. Limit your alcohol intake, especially in the evening.



# College Rankings Sleep Hacks This Month

**Henry Mills Alden, Frederick Lewis  
Allen, Lee Foster Hartman, Thomas  
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