

TIPS TO SLEEP TO SUCCESS:

- **AIM FOR 7-9 HOURS FOR AGES 18 AND UP**
- **AVOID STIMULANTS AND EATING CLOSE TO BED TIME**
- **RESERVE HALF AN HOUR BEFORE BED TO WIND DOWN**
- **TRY READING BEFORE BED INSTEAD OF WATCHING SOMETHING ON A SCREEN**
- **TURN OFF DEVICES AND USE AN ALARM CLOCK**
- **USE AN EYE MASK AND EAR PLUGS IF SENSITIVE TO LIGHT AND SOUND**
- **IF YOU HAVE TROUBLE GETTING TO SLEEP, GET UP AND READ FOR AWHILE. STAYING STUCK IN BED CAN MAKE THE ANXIETY OF WATCHING THE CLOCK EVEN WORSE.**

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