Spartans, here’s your sleep challenge:

1. Choose one of the “Tips to Improve Sleep” to try over the next two weeks.
2. Keep track of how you sleep using this Sleep Log.
3. Turn in your completed Sleep Log, after 2 weeks, to the Wellness Center to claim your Spartan pillowcase or PJ bottom or slipper?

Tips to Improve Sleep:

- Keep a consistent sleep schedule, as much as possible, wake up and go to bed at the same time everyday.
- Develop a relaxing sleep ritual such as listening to music, reading a book, journaling, performing deep breathing exercises just before bed.
- Avoid long naps, if you nap, keep naps to less than 45 minutes and before 3pm.
- Avoid or minimize use of stimulants, caffeine, energy drinks, nicotine, alcohol and sugar can all interfere with the body’s ability to fall and stay asleep.
- Make your bedroom dark, cool, comfortable, and quiet, your bedroom should cue your body to sleep.
- Exercise and eat healthy, but avoid exercise 2-3 hours before bedtime.
## Spartan Sleep Log

<table>
<thead>
<tr>
<th>Day / Date</th>
<th>Last night I went to bed at:</th>
<th>This morning I got up at:</th>
<th>Total Hours Slept</th>
<th>When I woke up for the day, I felt:</th>
<th>My sleep was disturbed by:</th>
<th>List amounts of any caffeine, alcohol or nicotine...</th>
<th>One hour before going to be, I was... (list activity)</th>
<th>List when and how long you napped today</th>
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