

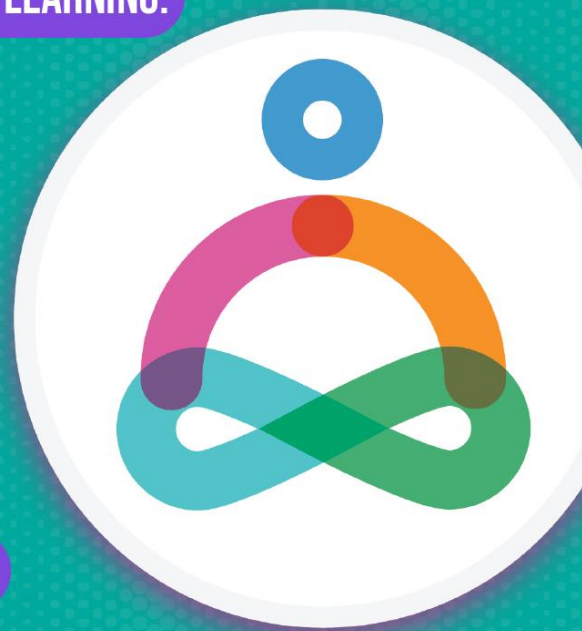
THE HEALTHY LIVING PROGRAM

Relax. Feel Good. Be Well

At the Healthy Living Program, we offer a holistic and preventative approach to health by encouraging FIU students to engage in everyday healthy lifestyle practices! Our virtual services and online education promote the 9 Dimensions of Wellness: physical, intellectual, occupational, emotional, social, spiritual, environmental, financial, and cultural.

SERVICES AVAILABLE DURING REMOTE LEARNING:

- Stress Management
- Time Management
- Sleep Hygiene
- Nicotine/Tobacco Cessation
- Dietitian
- Nutrition Coaching
- Sound Therapy Consultation



HOW TO MAKE AN APPOINTMENT:

Call 305-348-4020 during operating hours (Monday - Friday, 8:30am-5:00pm). If you call after hours or during lunch, you will be asked to leave a message with your name, Panther ID number, a call back number, and a brief reason for your call.

VISIT OUR WEBSITE: GO.FIU.EDU/HLP
EMAIL US: HLP@FIU.EDU

CALL OUR OFFICE: (305) 348-4020
FOLLOW US!    @FIUHLP

SLEEP HYGIENE

HELPFUL TIPS TO HELP YOU SLEEP



caps.fiu.edu
305·348·2277



YOUR PERSONAL HABITS



FIX A BEDTIME AND AN AWAKENING TIME

The body "gets used" to falling asleep at a certain time, but only if this is relatively fixed.



AVOID NAPPING DURING THE DAY

Or make sure you limit the nap to 20-30 minutes.



EXERCISE, BUT NOT BEFORE BED

Strenuous exercise within two hours before bedtime can interfere with your ability to fall asleep.



AVOID CAFFEINE & ALCOHOL 4-6 HOURS BEFORE BED

YOUR SLEEPING ENVIRONMENT



USE COMFORTABLE BEDDING

Find comfortable bedding and a good temperature to keep the room well ventilated.



BLOCK OUT ALL DISTRACTING NOISE

Also eliminate as much light as possible.



RESERVE THE BED FOR THE THREE S's: SLEEP, SEX, AND SICKNESS

Don't use the bed as an office. Let your body "know" that the bed is associated only with the Three S's.

GETTING READY FOR BED



TRY A LIGHT SNACK BEFORE BED

Warm milk and foods high in the amino acid tryptophan, such as bananas, may help you sleep.



USE RELAXATION TECHNIQUES AND DON'T TAKE YOUR WORRIES TO BED



GET INTO YOUR FAVORITE SLEEP POSITION

Don't toss and turn in bed. If you think it's been more than 30 minutes, get up, and do a relaxing activity (try light reading).



A WORD ABOUT ELECTRONICS

Using electronics before bedtime is often a bad idea. They are engaging objects that tend to keep people awake. Some people find that listening to music helps them fall asleep since it is a less engaging activity.



OTHER FACTORS

Several physical factors are known to upset sleep. These include sleep apnea, pain, arthritis, acid reflux with heartburn, menstruation, headaches, and hot flashes. Many medications can cause sleeplessness as a side effect. Psychological and mental health problems like depression, anxiety, and stress are often associated with sleeping difficulty.

THE GOAL IS TO REDISCOVER HOW TO SLEEP NATURALLY.

ADAPTED FROM CAPS UC SAN DIEGO