

Getting the Most Out of Your Sleep

I. Introduction (10 min)

1. What makes sleep so important?
 - In the lives of students?
 - In your own life?
2. What proportion of students do you think average 9 hours of sleep per night?
[9 hours is the average length of time college age people would sleep if nothing else interfered]
3. What sorts of problems can you have with sleep?
4. What would you like to learn about today?

II. What can you do to improve the amount of sleep and the quality of sleep you get? (15 min)

1. Work with whole numbers of sleep cycles
2. Go to bed at the same time each night
3. Manage your sleeping environment
4. Create a routine leading up to bed time in which overall stimulation level is lower
5. Get regular exercise – including both aerobic and weight training – but several hours before sleep
6. If you are kept awake by your mind being busy, write before bed
 - To do lists if you worry about forgetting what you need to do
 - Free writing if the worries are more general

Then tell yourself that you are taking them out of your head and will look at what you wrote in the morning.

7. Use deep breathing or relaxation exercises to quiet yourself

III. Specific topics (15 min)

1. Naps
2. Intensive sleep hygiene
3. Dealing with sleep interruptions
4. Early morning waking
5. Shifting your biological clock

IV. Questions (10 min)

V. Evaluations