

Week 2: Maintaining a Regular Sleep Schedule

Benefits of a Regular Sleep Schedule

Helps your body's internal clock and will make it easier to fall asleep and wake up once a routine is established.

Big changes to daily sleep habits may confuse your body's clock. This can cause you to be awake and alert when you are trying to sleep or wake up feeling exhausted even after a full night's rest because it is not used to being awake (or asleep) during those times.

How to Maintain a Regular Sleep Schedule

- Be sure to fall asleep and wake up around the same times each day.
- Set notifications on your phone/computer about 1-2 hours before bedtime to remind yourself to start winding down.
- Try and schedule study time and other events around your sleep schedule.
- Set a reoccurring alarm to be sure you wake up on time and don't oversleep!

Week 2 Goals:

- If you have to sleep in on the weekend, try to do so for only 1 or 2 hours.
- During the week try to fall asleep and wake up around the same times.
- There is no universal sleep schedule that is ideal for everyone:
 - Find your own that works with your schedule and wake/sleep preferences and stick to it as much as possible!
- Maintain your sleep journal and review previous entries. Take note of any patterns or things that may be impacting your sleep.

It's Time for a (proper) Nap!

Napping can be a great way to give yourself some much needed rest during the day. However, it's important to make sure we are getting the most benefit from these naps and not interrupting our nightly sleep. Here are some things to remember when napping!

- A short nap is recommended (**20-30 minutes**) for short-term alertness.
 - This type of nap provides significant benefit for improved alertness and performance without leaving you feeling groggy or interfering with nighttime sleep.
- **BEWARE!** Naps longer than 45 minutes (after you enter deep sleep) may actually leave you feeling more groggy and tired!
- Avoid late afternoon/evening naps, which can disrupt night sleep.
- Set an alarm **every time** you take a nap!