



tips for good sleep

1

Wake up at the same time every morning

Why? A regular sleep rhythm is the foundation of our well-being. Our body regulates its alertness level according to external signals. So create clear daily routines, one of which is to always wake up at the same time in the morning. The more lightly you sleep, the more important a good rhythm is.

2

Organize your day

You cannot perform sleep. Good sleep is born from a well organised daily rhythm that aims to make you less alert towards the evening. This creates excellent conditions for a refreshing night's sleep. Learn to set a rhythm for your studies in the manner that best suits you – but with no emphasis on the evening. Studying at night can leave your brain on high alert even after you fall asleep, causing your sleep to lose its refreshing effect.

3

Eat regular meals and remember to eat well even in the evening

Why? Eating is an effective way to control your alertness level. When you eat meals regularly throughout the day, you avoid the plummeting of your alertness level that usually follows lunch or dinner. This way you increase your sleep pressure during the day. Having a sufficient evening snack or meal at the end of the day will most likely make it easier for you to fall asleep.

4

Exercise daily

Why? When you do something physical during the day, your body's sleep pressure increases. You don't always need to work out sweating bullets, though: even light physical activity or domestic work can be enough exercise for the day. Not even top athletes go all out 24/7.

5

Take a nap

A 20 to 30 minute power snooze in the afternoon can give your alertness just that something extra you need that day. But constantly having naps to fix the sleep deficit from the night before is a fool's errand. So make sure that you sleep well at night, and then luxuriate in your naptime during the day.

6

Go offline early enough in the evening

Interruptions, hurry, the flood of information and many other factors put a strain on the brain throughout the day. Make sure that you go offline sufficiently early every night and give yourself a break from matters related to studying as well as other stressful things your nightly internet time might conjure up.

7

Do something relaxing before you go to sleep

We often face a variety of challenges during the day, which is why it's so important to enjoy ourselves in the evening. We are all different, and so we relax by doing different things. Think about the activity you would most enjoy doing or not doing and place it in the evening. Your activity can be something like reading, listening to an audio book or watching a show you like.

8

Take care of sleep hygiene in the bedroom

The lighter you sleep, the more likely your sleep is to be disturbed if the sleeping conditions in your bedroom are not in order. Try to make sure that when you go to sleep at night, your bedroom is dark, well ventilated and cool. If you cannot keep your bedroom completely quiet from traffic noise or other disturbances, use ear plugs. And remember: an important part of sleep hygiene is that it's nice to go to bed every night!

9

Go to sleep systematically at the same time every night

Why? This way you can make sure that you wake up sufficiently rested the following morning. Listen to your body and go to sleep when you feel tired. Don't stare at the clock or force yourself to finish the film. Stretching your bedtime may make you more alert, cutting your sleep short. Control your alertness level yourself, as you're its foremost expert.

10

If you are unable to sleep or not alert during the day, the problem may be the quality of your sleep

You don't always know when you suffer from a sleep disorder. Sometimes feeling tired or sleeping poorly is part of normal life. People often think they're sleeping well, but still feel constantly tired during the day. Listen to your body: are you feeling well, are you as energetic as you could be? Don't suffer from a low energy level in vain but seek help from student welfare services instead. If your problem is caused by sleep, the cure is easily within your reach.



FINNISH NATIONAL
AGENCY FOR EDUCATION

