Ask Me Why #SleepMatters

Sleep is essential for your physical and mental wellness, as well as academic success!

Did you know?

• The **average** university student gets **6 – 6.9 hours of sleep** each night.

• It’s **recommended** for young adults aged 18-25 to get **7-9 hours of sleep** (as a general guideline). However, focus on how you feel in the morning and build consistent sleep habits.

• When you sleep, your body undergoes recovery and renewal. A good night’s sleep helps to **improve focus, retain new information, and improve your mood.**

• The **optimal room temperature** for sleep is a few degrees cooler than room temperature (usually **16-18°C**)

• The **half-life of caffeine** in the human body is **6-8 hours.** Something to keep in mind before that afternoon coffee!

• Avoid all-nighters. It usually takes **2-3 nights of good rest to recover** from one night of poor sleep.

• Take time to wind down each night to give your body a cue that it is time to rest, slow down and transition to sleep. **Pre-sleep** activities could include meditation, reading, light yoga, warm showers, healthy snacks, etc.

• **Ideal bedtime snacks** contain tryptophan, which helps your body to create melatonin (the “sleep” hormone). Examples: cereal and milk, yogurt, crackers and cheese, almonds, fruit with nut butter, etc. Try not to be overly full, but not hungry.