



Guide to Sleep

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This package was created by Healthy U: Peer Health & Wellness at the University of Manitoba. We are a group of trained, non-judgmental, and confidential student health and wellness leaders on campus.

We provide outreach activities, workshops, and one-on-one support for our fellow students on a variety of health and well-being topics. Feel free to drop in to chat or pick up more information packages.

If you would like to request or attend one of our workshops or events, check out our website for details.



What's the most effective way to take a

Nap



Keep it between 20-30 min

If you're really sleep deprived, make it 90 min

Make sure its before 3 pm

Try to time your nap so it starts 8 hours after you woke up that morning, if possible.

Work, Sleep, School, Family, Fitness or Friends Pick 3

By choosing sleep, you enhance other aspects of your life as well.

It has been shown that grades go up, mental health improves, and you become less irritable. You will also have more energy to work well.



Sleep Hygiene

What is sleep hygiene?

Sleep hygiene refers to habits and practices that improve quality of sleep.

Why is it important?

Sleep affects both your physical and mental health. Improving quality of sleep may benefit you in many ways, such as boosting your immune system, decreasing anxiety, and lowering your risk of disease.

What can I do?

Keep daytime naps between 20-30 minutes.

Exercise regularly, but make sure you're not working out right before bed.

If you need a snack before bed, try to keep it light. Avoid heavy or fatty food, as well as anything spicy or carbonated.

Try to get some sunlight, especially in the morning! This reinforces your natural sleep-wake cycle.

Establish a relaxing bedtime routine that does not involve screen time, as the blue light emitted signals your body to wake up.

Make sure you're comfortable! Try adjusting the temperature, switching your pillows, or adding white noise.



Progressive Muscle Relaxation

This exercise helps to reduce tension and relax your body. It can give your mind something else to focus on, therefore relieving stress. For better stress relief and long-term benefits, try doing this at least once every day.

Step 1: Lie down in comfortable clothing, somewhere you won't be disturbed. Take 5 slow, deep breaths.

Step 2: Start by tensing the muscles in your feet as hard as you can (without causing pain!). Hold for 5 seconds, breathing in slowly.

Step 3: Slowly relax these muscles over another 5 seconds, breathing out slowly. Make sure you focus on how it feels to tense and relax.

Step 4: Pause for 15 seconds, remaining in a relaxed state.

Step 5: Repeat this with each body part, working your way up the body.

Want higher grades? Go to sleep!

Students who sleep more than 6 hours per night consistently have higher G.P.A.s than those who don't.

Sleep deprivation can result in poor concentration, memory, and judgement. Is staying up really worth it?

After 15-16 hours of being awake, your performance declines. This means any studying you do late at night is less effective than it would be if you went to bed and studied the next day instead.

The things you learn during the day are solidified and enhanced while you sleep. You're not wasting study time by sleeping. In fact, you waste it by not sleeping!

Adapted from the University of Saskatchewan: Student Health Services

How to Manage Fatigue

For fatigue that has lasted a few days or less:

Watch your patterns:

Are you getting 7-9 hours each night?

Are you going to sleep and waking up at about the same time every day?

Have you been exercising regularly?

Are you eating healthy? Try to eat something (a meal or a snack) every 2.5-3 hours to avoid energy slumps.

For fatigue that has lasted two weeks or more:

Seek professional help



Adapted from The University of British Columbia: Student Services

Resources

On campus

University Health Service (UHS)*

104 University Centre

<http://umanitoba.ca/student-supports/health-wellness/university-health-service>

Health & Wellness Office*

469 University Centre

<http://umanitoba.ca/student-supports/health-wellness>

Student Counselling Centre (SCC)*

474 University Centre

<http://umanitoba.ca/student-supports/counselling-resources-students>

Off campus

Contact your family physician if you have been experiencing fatigue for more than two weeks.

Online

Canadian Sleep Society

<https://css-scs.ca/>

Sleep Foundation

<https://www.sleepfoundation.org/>

Apps

Relax Melodies: Sleep Sounds



Provides white noise and guided meditation.
Free on Google play and the App Store.

Calm in the Storm



Provides many guided meditation options.
Free on Google Play and the App Store.

*There are no in-person services at the University of Manitoba currently.
Check the relevant websites for remote services and updates.

Sleep journal

What did you do in the last hour before bed?

What time did you go to sleep?

If you woke up in the night, what did you do while awake? Did this help you fall back asleep or wake you up further?

What time did you wake up?

What did you do in the first hour when you woke up?

How did you feel in the morning?

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What time did you wake up?

What did you do in the first hour when you woke up?

How did you feel in the morning?

Curious about your sleeping patterns and what evening and morning routines work for you? Keep writing these things down over the next few weeks and look for patterns.