

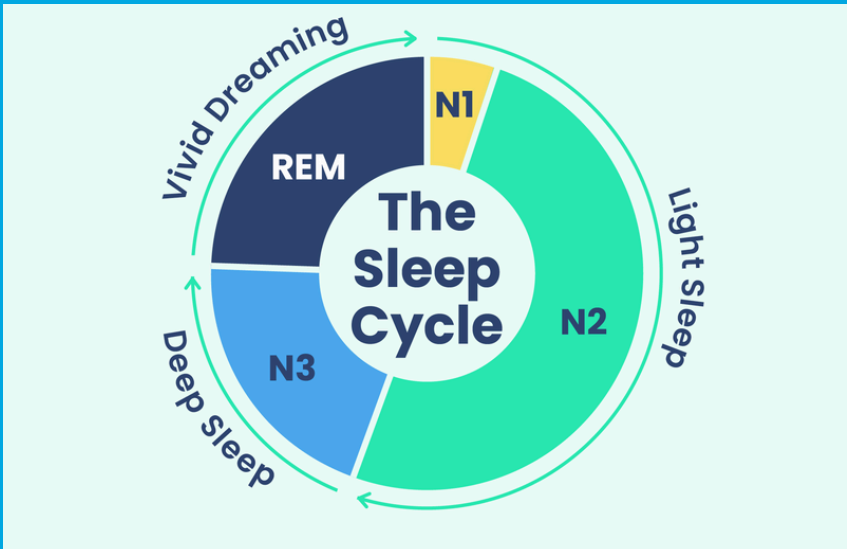
Mental Wellbeing Guide: Sleep



Discover ways to improve your sleep quality, manage insomnia, and achieve restful nights during your university journey

IMPORTANCE OF HAVING GOOD SLEEP

- Sleep can be the most important thing that impacts how you feel, but surveys of UNB students reveal that many are not getting enough good sleep.
- Research shows over half of college students get less than 7 hours of sleep per night. Having enough sleep (7 to 9 hours per night) is important for maintaining well-being and academic success.
- And, notice how I said good sleep and not just sleep? It's not just the amount of sleep that matters, but also the quality of the sleep.
- We go through different stages of sleep. Each stage plays a crucial role in consolidating memory and processing learned information during the day, which is directly linked to our academic performance.



<https://www.sleepfoundation.org/stages-of-sleep/rem-sleep>

TIPS

- Go to bed and wake up at the same time every day
- Keep your bedroom cool, dark and quiet (although some people like some kind of white noise, such as a fan)
- Wind down! Do something relaxing for 30-60 mins before bed. Try to avoid screens during this time, but if you do use them, try to focus on content that makes you feel relaxed.
- Exercise! But not too close to bedtime! And, try to limit the amount of time you spend sitting.
- Don't consume caffeine or other stimulants 8 hours or more before bed
- Don't nap! But if you do, keep it short (30 mins) and do it 8 hours or more before bed



Having trouble sleeping every once and a while is normal, but, if you find you are struggling to get good sleep over a longer period, the good news is that there are proven ways of treating sleep disorders.

Start here: <https://sleeponitcanada.ca/> and connect with a health provider.



Summary

- Good sleep is crucial for well-being and academic success.
- Many UNB students and over half of Canadian post-secondary students get less than 7 hours of sleep.
- Quality and quantity of sleep are both important (7-9 hours recommended).
- Different sleep stages are essential for memory consolidation and learning.

Tips for better sleep:

- Maintain a consistent sleep schedule.
- Keep the bedroom cool, dark, and quiet.
- Wind down with relaxing activities 30-60 mins before bed, avoiding screens.
- Exercise regularly, but not close to bedtime.
- Limit caffeine intake 8+ hours before bed.
- Avoid naps, or keep them short (30 mins) and early.

Additional resources



[National Sleep Foundation](#)



[Sleep Foundation](#)



[UNB Wellness HUB](#)