



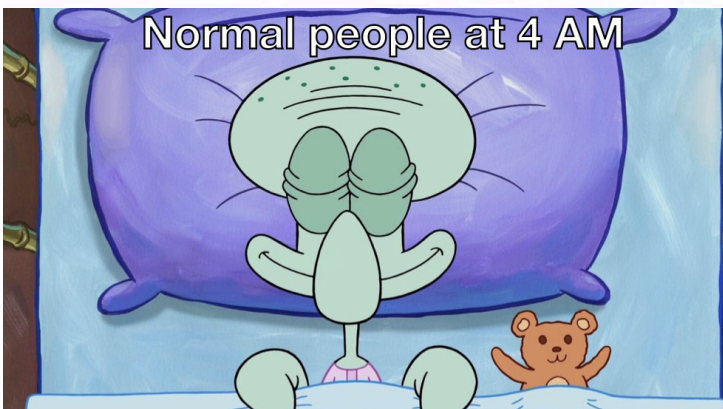
The HUSKIE HERALD

A weekly newsletter to help keep you entertained and healthy while self-isolating



SELF-ISOLATION MESSING WITH YOUR SLEEP?

This week's issue is all about sleep. We know that during these times it can be hard to maintain good sleep hygiene and stick to a regular sleep schedule. Keep reading to help you catch some better ZZZs!



KEEPING A CONSISTENT SCHEDULE

Setting a consistent sleep schedule is important to maintaining balance, staying healthy and feeling motivated to accomplish the things that you need to. Despite the many benefits of sleep, approximately 1 in 3 adults are not getting enough sleep. If you are someone who could benefit from a change to your sleep schedule NOW is the time to make a change and try to re-set your schedule as you are getting into a new routine for the Spring/ Summer.

SLEEP HYGIENE

Sleep hygiene is a variety of healthy sleep practices that are necessary for restful and sound sleep. With classes and exams being moved online, and many places of work closing, it can be tempting to lounge in bed all day and stay up late at night. However, that is NOT good sleep hygiene.

Have you been taking multiple naps per day, or napping for long periods? Eating while sitting in bed? Exercising in the late evening or at night? Going to bed at different times each night? Studying or working in bed? Eating late at night? Consuming caffeine past mid-afternoon? Scrolling on your phone in bed before you go to sleep? Leaving lights on in your bedroom overnight? If you answered yes to any of these questions, then there is room to improve your sleep hygiene.

To learn more about sleep hygiene and how you can improve yours, check out the image on the right and also click this link: <http://sleepeducation.org/essentials-in-sleep/healthy-sleep-habits>

CLEAN UP YOUR SLEEP HYGIENE

13 simple tricks, will help you get a good nights sleep.



1. Go to bed and get up at the same time every day, including on the weekends and during vacations.



2. If you can't fall asleep or wake up and can't get back to sleep, get out of bed, read, sketch, or do another calming activity in low light.



3. Make sure your bedroom is quiet, dark, relaxing, and at a comfortable temperature.



4. Remove electronic devices, such as TVs, computers, and smart phones, from the bedroom.



5. Use your bed only for sleep and sex.



6. Exercise, being physically active during the day can help you fall asleep more easily and sleep more deeply at night.



7. Keep a sleep diary, experiment and figure out what works best for you.



8. Limit exposure to bright light in the evenings, turn off electronic devices at least 30-60 minutes before bedtime.



9. Establish a relaxing bedtime routine.



10. Don't eat a large meal before bedtime. If you are hungry at night, eat a light, healthy snack.



11. Avoid consuming caffeine in the late afternoon or evening.

SLEEP APPS

Check out these free Apps to help you track your progress, relax at the end of your day, and set yourself up for success!

Relax Melodies

This App is easily customizable to create the perfect relaxation sounds to suit your needs. Choose from a combination of sounds including guided meditation, soft melodies, nature or even your own music. Multiple sounds can be layered to create the perfect ambience for you to unwind.

Sleep Cycle

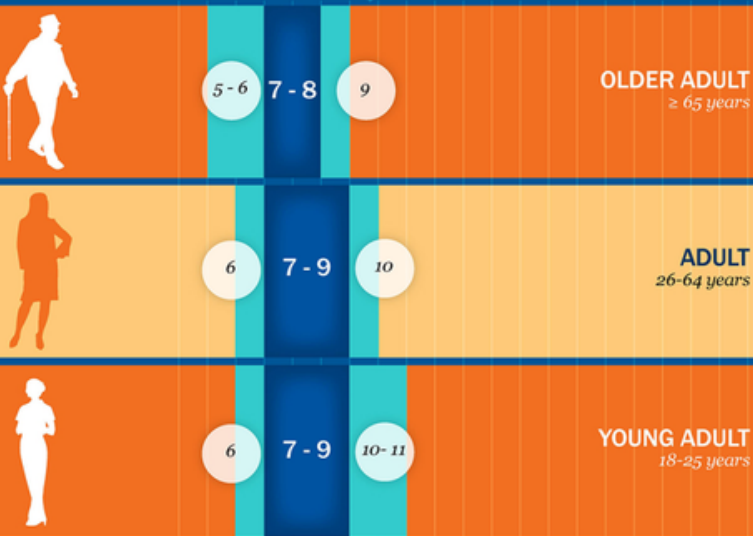
Curious about the quality of your rest? This App is a great assessment tool! Sleep Cycle monitors your sleep pattern through vibration and sound analysis by connecting to your phone microphone to track your breathing, movement and even snoring. Identifies the best time to wake you up based on your sleep schedule and desired wake-up time. Sometimes oversleeping can actually make us feel more fatigued.

Sleep Time

Provides data on the quality of your sleep through simple charts and graphs. Also identifies the ideal wake-up time based on your sleep pattern and to maximize feeling rested. Includes soundscapes to help with relaxation and falling asleep.

NATIONAL SLEEP FOUNDATION RECOMMENDED SLEEP

HOURS OF SLEEP



Ready Reads

The Mountains Sing
by Nguyen Phan Que Mai

Why We Collect Things

with Daniel Krawczyk

[HTTPS://WWW.TED.COM/TALKS/DANIEL_KRAWCZYK_WHY_WE_COLLECT_THINGS](https://www.ted.com/talks/daniel_krawczyk_why_we_collect_things)

Shameless Showtime

Ozark
On Netflix

me the entire day: oh my god i'm so tired, i can't wait to go to sleep me at 3am:



Thoughtful Thinking

Memeworthy