

## TAKE CARE OF YOUR BODY AND MIND

- Eat for slumber: Avoid heavy dinners close to bedtime. A small snack close to bedtime may help some people. Nuts, fruits, and yogurt are good options.
- Hydration is all about timing: Keep yourself well-hydrated throughout the day, but limit large volumes close to bedtime to avoid waking up to visit the bathroom.
- Caffeine and alcohol: They can both wreak havoc on your sleep cycle. Avoid caffeine after midday and try to use alcohol sparingly.
- Exercise wisely: Regular exercise helps sleep, but avoid intense workouts close to bedtime to prevent overstimulation.
- Stress less, sleep more: Manage stress through activities like keeping a journal, prayer, meditation, yoga, or deep breathing to calm your mind and body.

## TAKE CARE OF YOUR BODY AND MIND CONTINUED

- Worry robs you of your sleep: If thoughts are racing through your mind at bedtime, write them down and revisit them in the morning.
- Avoid looking at the clock: If you have been tossing and turning in bed for a while, then get up and restart your relaxation ritual.
- Seek professional help if you tried all of these things and are still struggling.
- Remember, good sleep isn't a luxury; it's a superpower.

### ADDITIONAL RESOURCES

Scan the QR Code below or visit [health.uark.edu/well-being-resources](https://health.uark.edu/well-being-resources) to find links to additional well-being and sleep resources.



## WHY SLEEP IS YOUR UNDERRATED SUPERPOWER



UNIVERSITY OF  
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## YOUR UNDERRATED SUPERPOWER

Do you often find yourself feeling foggy-headed, irritable, and/or constantly catching colds? The reason might be hiding right under your eyelids – it's about how much you sleep!

Imagine sleep like a superhero for your body and mind. While you sleep, your brain consolidates memories, processes information, and repairs tissues. It is basically a full-body tune-up that keeps you sharp, resilient, and healthy.

Sadly, this means that the consequences of sleep deprivation are equally powerful but in a bad way. Fuzzy thinking, mood swings, and a weakened immune system are just the tip of the iceberg. Ongoing sleep problems can lead to multiple health issues, from poor physical performance to an increased risk of chronic diseases.

## MAKE YOUR ROOM A HAVEN

- Darkness is key: Make it dark when ready to go to sleep. Invest in blackout curtains if necessary.
- Keep it cool: Aim for a bedroom temperature between 60–72°F for optimal slumber.
- Quiet is good: A white noise machine can block out bothersome noise. Consider use of earplugs if comfortable.
- Get comfortable: A supportive mattress, good pillows, and cozy bedding can be helpful.



## EMBRACE RHYTHM AND ROUTINE

- A consistent schedule is key: Go to bed and wake up at the same time, even on weekends, to regulate your body's natural sleep-wake cycle.
- Sunlight is your friend: Try to expose yourself to least 30–60 minutes of natural sunlight within 2 hours of waking up.
- Screens are not your friend: Avoid electronic devices for at least 1–2 hours before bed.
- Pre-sleep ritual: Find out what relaxes you at night (i.e. reading, a bath, relaxing music, meditation...) and create a nightly routine signaling to your body that it's time to wind down.