



HOW TO BETTER SLEEP?

Guide to improve sleep hygiene.

Adapted from: World Sleep Society for Tecnológico de Monterrey.



Let's talk about sleep

Why can't I sleep and how can I fix it?

Insomnia is the most common sleep problem. Approximately 1 in 5 adults do not get as much sleep as they would like.

Insomnia means lack of sleep, the strict medical definition of insomnia is "a persistent difficulty falling or staying asleep, which impairs daytime functioning".

"If you are sleep deprived, you may feel tired during the day, have a reduced ability to concentrate or feel irritable."

Lack of sleep may occur for no apparent reason. However, there are a number of possible causes:

Disruption of routine. Changing daily routines such as school schedules that are constantly modified, and work activities, among others, can affect sleep patterns.

Temporary problems. Lack of sleep is often temporary. This may be due to stress, a work or family problem, jet lag, a change in routine, a new place, etc.

Use of stimulants: Beverages such as coffee, green tea, and soft drinks containing caffeine can cause sleeplessness because caffeine is considered a stimulant to the body.

If you experience a constant lack of sleep, here are some measures and tips to start promoting sleep hygiene habits that will allow you to improve the quality of your sleep and therefore, feel more energetic throughout your day.

What can I do to improve my sleep habits?

Let's explore some techniques.



1

Relax before going to bed and reduce stimuli.



Use the second part of your evening to rest. Your mind and body need rest before going to bed.

Set a deadline for work and do another activity 90 minutes before you go to bed. During this time you can do something different and non-stressful, such as reading, watching your favorite show or listening to music.



2

Create and establish your own sleep routine.

Try to stay awake all day and sleep at night. The body gets used to habits. So by establishing a routine, you are more likely to sleep better.

It is not uncommon for people who have slept poorly during the night to feel drowsy the next day. This daytime sleepiness can make it very tempting to go to bed in the middle of the day or in the afternoon, however, if you do, you are much more likely to sleep poorly again that night because you will feel less tired and take longer to fall asleep repeating an endless cycle day after day.

However, if you are in the habit of taking naps normally, try not to exceed 45 minutes of daytime sleep.



3

Watch your diet, particularly at night.

Avoid caffeine 6 hours before bedtime. This includes coffee, tea, and many soft drinks, as well as chocolate.

Also, avoid heavy, spicy, or sugary foods 4 hours before bedtime. A light snack before bedtime is acceptable, for example, a glass of warm milk or a banana will help you fall asleep, as these foods are rich in an amino acid called tryptophan, which is involved in the biochemical systems that induce and maintain sleep.



4

Establish a suitable sleep environment.

When you feel comfortable, it is much easier to fall asleep compared to when you are hungry, cold, or in physical pain.

Make sure all immediate needs are met before going to bed. Also, eliminate all distractions such as noise and bright lighting.



5

Use the bed exclusively for sleeping.

Your bedroom should only be used for sleeping. Activities such as eating, working, and reading, among others, should be done elsewhere.

Doing these activities in the bedroom may interfere with falling asleep because these activities also cause you to associate your bed with wakefulness and alertness, rather than sleepiness and sleep onset.

Remember that if you need further support, you can go to the [Emotional Counseling area of your campus](#). Likewise, don't forget that you can call the TQueremos hotline at 800 813 9500, which is available 24 hours a day, 365 days a year.

Keep reading and learning!

Scan this code and find additional resources on the TQueremos site.

