

## Quick Tips for Better Quality Sleep

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Use some of these tips – as appropriate for your health – to help improve sleep.

- Get light early in the day
  - Open shades and blinds or turn on lights shortly after waking
  - Walk outside whenever possible, even on overcast days
  - Sit near a window for breakfast or early classes and meetings
- Practice a relaxation technique daily
- Get 150 minutes of exercise per week
- Adjust your sleep environment to be cool, dark, and quiet; turn off overhead lights and dim screens (or refrain from screen time and do a relaxing hobby) before bed
- Wake up at around the same time each day (only off by an hour or so on the weekends) to avoid “social jetlag” and strengthen circadian rhythm

## Quick Tips for Getting Up in the Morning

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Try a couple of these RISE UP behaviors to help decrease morning grogginess.

- Refrain from snoozing; get out of bed immediately following your alarm. Consider keeping the alarm at a distance or setting multiple alarms for the same time, to reduce desire to return to bed.
- Increase activity in the first hour upon waking. Sit up on the couch, don't recline. Consider more active movement, making tea or doing household chores. Avoid sedentary activities, e.g., scrolling on phone or reading email.
- Shower immediately or wash face and hands with cold water.
- Exposure to sunlight, if possible; open blinds and shades. Turn on bright light or lightbox/SAD lamp if it is still dark.
- Upbeat music – create a morning playlist for this purpose.
- Phone a friend, or plan to have a conversation with housemates within first hour of waking.

For more on RISE UP: Kaplan, K. A., Talavera, D. C., & Harvey, A. G. (2018)