

# Sleep Advice Tips for Study Success



*\*Above: what not to do...*

"Sleeping soundly is important for improved memory and performance, and is therefore crucial to gaining those top grades."

James Wilson *of*  
**We Love Sleep**

# Sleep Tips

We know that sleep can be the one thing that's sacrificed when studying and during exams, especially if you are cramming!! However, a good night's sleep is really important if you want to perform to the best of your ability. Ideally you should be getting between 7-8 hours sleep a night. Sometimes this is not possible - but sleep is an essential part of our lives and necessary for us to function well. Here are the Hub's Top Tips for getting some sleep to help you be rested for study and exams:

1. Give yourself a bedtime routine, so that your body and mind associate the routine with sleep (this should be something relaxing and soothing, such as having a bath or having a milky drink, winding down from the day).

2. Do some exercise (although not just before bed time); it's a great way to reduce stress levels and tire you out to help you sleep.



3. Don't eat a heavy meal too close to bedtime or your body will not be able to relax as it will be digesting food.

4. Cut out tea, coffee and fizzy drinks in the



evening (four hours before bed-time). These are stimulants and can keep you awake longer, making you more tired the next day.

5. Stop your revision a good hour or at least 30 minutes before you want to sleep – your brain needs time to unwind.

6. Make your bedroom a haven for rest and sleep. Avoid keeping your books and computer in your bedroom. If this is not possible, tidy away those revision notes before going to sleep as their presence can make it difficult to relax.

7. Sleep in complete darkness or as close to it as you can. Amazon does a great black out blind called Gro Anywhere Black out Blind.

[www.amazon.co.uk](http://www.amazon.co.uk)

8. Keep warm in bed. Wear socks to bed or get a hot water bottle. Feet have the poorest circulation in the body and they can feel cold when you go to bed.

9. An oldie but a goody – count sheep.  
Sounds boring? That’s the point!  
Focussing your mind on a mundane task will stop you from worrying about your work so if the sheep



don't work, get up and do something monotonous like folding washing!

10. If you can't sleep the night before an exam, don't worry. The odd night without sleep will not be devastating because adrenaline will see you through.

## Top Up Power

Sometimes a power nap—a brief nap during the day to recharge your batteries—is the ideal way to get through the mid-day slump and energise yourself for the rest of the day. This should be a nap of about 30 minutes, where you allow yourself to relax, rest and switch off from whatever you have been concentrating on, for a brief time—the benefits to your study and exams will be worth it.

# Power Nap Tips

1. The ideal time for a power nap is between 2.00 pm and 4.00 pm, just after lunch.
2. Switch off your mobile—no distractions!
3. Do not try to force yourself to sleep.
4. Put some light music on in the background and switch off your mobile phone.
5. Some people relax more when there is no light in the room while napping. If possible darken the room or wear an eyeshade.
6. Before entering your power nap zone try to free up your mind from any thoughts.
7. Set the alarm to wake you when you have completed 30 minutes of sleep.
8. To wake up from your power nap, splash water on your face, drink a glass of water and go out in the fresh air for a while.
9. Taking a power nap does not make you lazy. It's a simple technique to improve both mental and physical health.

## Benefits of Power Napping

- Wakes up our senses
- Gives us more energy
- Improves our productivity
- Helps balance our body hormones
- It is good for our heart



# Contact Information

There can be many reasons why sleep may be proving difficult, including the way you are feeling, your thoughts, physical symptoms you have experienced and habits or patterns of behavior you have developed. You can find more information from the following sites:

**BBC Science—sleep guide and toolkit**

[www.bbc.co.uk/science/humanbody/sleep/](http://www.bbc.co.uk/science/humanbody/sleep/)

**Breathing Space- information and advice**

[www.breathingspacescotland.co.uk](http://www.breathingspacescotland.co.uk)

**Live Life to the Full—life skills course**

[www.llttf.com](http://www.llttf.com)

**Mind—coping with everyday living**

<http://www.mind.org.uk/information-support/tips-for-everyday-living/>

**Moodjuice—a self-help resource**

[www.moodjuice.scot.nhs.uk](http://www.moodjuice.scot.nhs.uk)

## ‘the advice hub’

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**Monday-Friday 10:00am-4:30pm**