Soothing scents (ie: lavender) in the form of oils, candles, or sachets can help relax the body before bedtime. Keep the room clean to eliminate unpleasant smells. Wash sheets and pillowcases once a week with a laundry detergent with a pleasing scent.

Smell
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Taste
- Avoid eating 2 hours before bedtime.
- Refrain from eating spicy, fatty, or fried foods before bed, as they are harder to digest.
- Stay away from caffeine after mid-afternoon (it can keep you from falling asleep on time!)
- Avoid drinking alcohol 2 hours before bed, as it generally disrupts sleep later on at night.

Sight
- Stop electronics use (TV, smartphones, tablets) 30 minutes before bed, as light sends “wake up” messages to the brain.
- Stay away from stimulating/mentally intense activities or shows before bed.
- Turn off or dim alarm clocks that have light.

Hearing
- Turn off music and TV before sleeping (leaving it on all night increases restlessness.)
- Invest in a white noise machine, fan, or air purifier to create a soothing background noise.
- Close your windows/doors to block unexpected noise in the evening.

The Senses and Sleep

Touch
- A cool room (65°) makes for the best sleep.
- Choose a breathable fabric (cotton) for pajamas and sheets.
- Replace pillows yearly for optimal support and cushioning.

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Create a sleep routine to help signal the body into a resting stage and later, a sleep stage:

- Take a warm bath shower before bed
- Drink a cup of tea
- Listen to soft music
- Read a relaxing book
- Stretch for 10-20 min
- Meditate
- Keep naps to 20-30 minutes only.
- Exercise early in the afternoon.
- Set a regular bedtime.

**TIPS FOR BETTER SLEEP**

- Free student chair massages
- Aromatherapy
- Meditation
- Acupuncture
- Consultations
  - Sleep Hygiene
  - Stress Management

**HLP SLEEP RESOURCES**

- @FIUHLP
- FIU Healthy Living Program
- @FIUHLP
- FIUHLP