

Trouble sleeping?



Many new Job Corps students have trouble sleeping.

Why? For many of you, Job Corps is totally different from what you are used to. It's early to bed and early to rise. Plus you share a living space with people that you don't know.

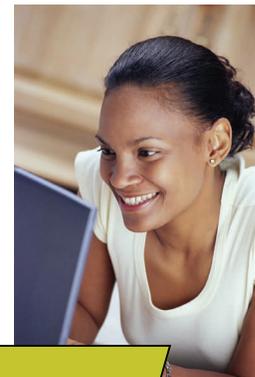
Not getting enough sleep can make you less productive during the training day. It can also make you cranky, and may even cause you to get sick.

What can you do? The health and wellness center can help you develop good *sleep hygiene*. These are simple steps to help you sleep better. Good sleep hygiene will help you stay awake during the training day and will help you to avoid more serious sleep problems.

Some tips to get a good night rest are to your right. Many of these points will seem like common sense, but they are all important. Not being able to sleep usually has more than one cause. In order to sleep better, you will need to improve all of these habits.

A Sleep Hygiene Plan for YOU!!!

- ⌚ Establish a pre-sleep ritual. Pre-sleep rituals, such as a warm shower or a few minutes of reading, can help you relax.
- ⌚ Try a light snack before bed. Warm milk and certain foods, such as bananas, may help you to sleep.
- ⌚ Try to go to bed and get up at the same time each day-- even on weekends.
- ⌚ Try to make your dorm room as dark, comfortable, and quiet as possible. Ask your RA for earplugs.
- ⌚ Avoid taking cat naps or falling asleep during the training day.
- ⌚ Avoid large meals with spicy or sugary foods within 4 hours of bedtime.
- ⌚ Avoid drinking just before bedtime so that you don't need to use the bathroom in the middle of the night.
- ⌚ Exercise routinely during the day, but avoid exercising within 4-6 hours before bedtime.
- ⌚ Avoid caffeine at least 4 hours before bedtime. This includes beverages such as coffee, tea and many sodas, as well as chocolate.
- ⌚ Don't smoke for 4 hours prior to your bedtime.
- ⌚ Don't keep your clock visible. Looking at the time can keep you awake.
- ⌚ Don't take your worries to bed. Some people find it useful to have a "worry period" during the evening or late afternoon to deal with these issues. You may want to write your worries in a journal before going to bed.



**Still can't sleep?
Talk to a nurse.**

Need more help?

This information should not be used for the diagnosis or treatment of any medical or mental health condition. If you have tried the above sleep hygiene suggestions and are still having trouble getting to sleep, contact the health and wellness center to learn more about relaxation techniques, imagery training, and other options available to assist you.

Some medicines and illnesses can cause sleep disturbances. Consult with the health and wellness center if you are on any medications that you think might be contributing to your problem. All appointments are confidential.

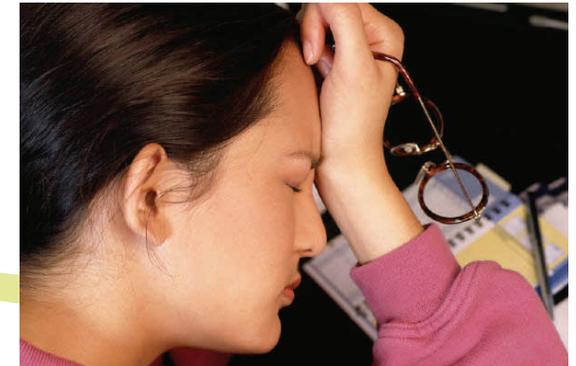


Reference:

www.webmd.com/sleep-disorders/guide/sleep-hygiene

Sleep...

Are you getting enough?



Help to get your
zzzzz's.

