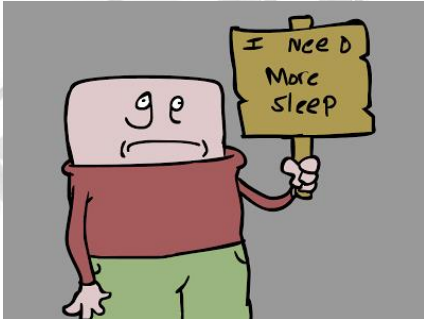


## Life Skills Series

Brought to you by **SUTD Wellbeing Services**

Building 1, Level 5 (1.517) @Lobby C

<http://www.sutd.edu.sg/Campus-Life/Well-being-Services>



**Sleep is that golden chain that binds health and our bodies together. *Thomas Dekker***

### Tips on managing sleep issues more effectively:

- ❖ Determine your bedtime and wake up time, and make it a regular schedule.
- ❖ Moderate your intake of caffeine and alcohol as these stimulants are known to affect sleep. Avoid having a heavy meal before bedtime as well.
- ❖ While regular exercise in the day promotes better quality of sleep, refrain from vigorous exercise before your bedtime.
- ❖ Make your bedroom as conducive as possible to promote better sleep. Your pillow, mattress, the lighting and the room temperature, etc. play a part in enabling sleep. Avoid having gadgets or appliances such as computer or television in your bedroom as they may serve as distractions.
- ❖ Refrain from bringing your worry to bed. Journal your negative thoughts and emotions, or engage in calming activities such as relaxation exercise and/ or listen to soothing music.

Sleep is often known as a basic human need, along with food and shelter. Sleep has profound impact on our mood, memory and productivity, among other things. While having inadequate or poor quality of sleep occasionally may not carry adverse consequence on our health, habitual sleep deprivation can be detrimental.

Practising sleep hygiene requires one to understand the factors that influence sleep. Typically six to seven hours of sleep would be considered as sufficient for an adult, but better sleep is not just about number, but also making sleep hygiene a way of life so that we have quality sleep as well.

**SUTD Wellbeing Services offers professional counselling services for students in a private and confidential setting.**

**If you would like to see a Counsellor to discuss any issue or challenge, please email us at [wellbeing@sutd.edu.sg](mailto:wellbeing@sutd.edu.sg).**

