

# Sleep

## Fact Sheet

Having a good night's sleep is important for your health and wellbeing. Not getting a good night's sleep can lead to irritability, lack of energy, poor concentration, low mood and tiredness during the day. Did you know that poor sleep can impact your normal brain function, cause weight gain and increase your risk of disease? There are many reasons why your sleep may be affected such as stress, anxiety, depression, health issues or sleep disorders such as insomnia, snoring, sleep apnoea and narcolepsy.

### Quick Tips to Improve Your Night's Sleep

#### When you wake in the morning

- Get out of bed as soon as you wake. Don't go back to sleep or try and make up for lost sleep
- Try to get out of bed at the same time each morning

#### During the day

- Try not to nap during the day
- Avoid drinking coffee, energy or sugary drinks after 2pm
- Do some physical exercise every day
- Go outside and enjoy some sunlight

#### Before going to bed

- Go to bed around the same time to establish a good routine. Be patient when adjusting your bedtime, aim for a 20-minute difference each day
- Avoid using alcohol to help you sleep
- Don't go to bed hungry, too full or needing to go to the toilet
- Allow yourself time to relax before going to bed. If you're working or studying, stop at least 30 minutes before bedtime and do something relaxing
- Make sure your bed is clean and comfortable
- Avoid blue screens (e.g. phone, computer) an hour before going to bed

#### During the night

- Try and make your bedroom quiet, dark and cool
- If you wake up in the middle of the night and can't go back to sleep, get up for a little while, read a book or listen to some relaxing music
- Go back to bed when you feel more relaxed and sleepier
- Aim to get 8 to 9 hours of sleep per night

### RMIT Training Wellbeing Service

The Wellbeing Service is free and confidential for students. To arrange an appointment please email [wellbeing@rmit.edu.au](mailto:wellbeing@rmit.edu.au)



**Where to go for help or advice:**

- Go to your General Practitioner
- Lifeline: 13 11 14
- *beyondblue*: 1300 22 4636
- Sleep Health Foundation: [www.sleephealthfoundation.org.au](http://www.sleephealthfoundation.org.au)
- Black Dog Institute: [www.blackdoginstitute.org.au](http://www.blackdoginstitute.org.au)
- Orygen Youth Health: [www.oyh.org.au](http://www.oyh.org.au)

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