



Guide to Sleep

What's inside

Sleep Hygiene

How to take the most effective nap

Work, friends, sleep - Pick 3

How to manage fatigue

Want higher grades? Go to sleep!

Progressive muscle relaxation

Sleep Journal

This package was created by the Healthy U program at the University of Manitoba. Healthy U is a UM student group made up of a team of friendly volunteers who are trained student health educators.

We provide students with validated health information through our health packages and outreach events, online resources, and one-on-one support. Health topics that we provide resources on include mental health, sexual health, physical health, substance use, social and cultural wellness, and finding a balance.

Please reach out to us if you have any questions at:
healthyu@umanitoba.ca



Sleep Hygiene

What is sleep hygiene?

Sleep hygiene refers to habits and practices that improve quality of sleep.

Why is it important?

Sleep affects both your physical and mental health. Improving quality of sleep may benefit you in many ways, such as boosting your immune system, decreasing anxiety, and lowering your risk of disease.

What can I do?

Keep daytime naps between 20-30 minutes.

Exercise regularly, but make sure you're not working out right before bed.

If you need a snack before bed, try to keep it light. Avoid heavy or fatty food, as well as anything spicy or carbonated.

Try to get some sunlight, especially in the morning! This reinforces your natural sleep-wake cycle.

Establish a relaxing bedtime routine that does not involve screen time, as the blue light emitted signals your body to wake up.

Make sure you're comfortable! Try adjusting the temperature, switching your pillows, or adding white noise.



What's the Most Effective Way to Take a Nap?

- Keep it between 20-30 min
- If you're really sleep deprived, make it 90 min
- Make sure its before 3 pm
- Try to time your nap so it starts 8 hours after you woke up that morning, if possible.

Work, Sleep, School, Family, Fitness or Friends - Pick 3

By choosing sleep, you enhance other aspects of your life as well.

It has been shown that grades go up, mental health improves, and you become less irritable. You will also have more energy to work well.

Adapted from Community Wellness at MIT Medical

How to Manage Fatigue

For fatigue that has lasted a few days or less:

Watch your patterns:

Are you getting 7-9 hours each night?

Are you going to sleep and waking up at about the same time every day?

Have you been exercising regularly?

Are you eating healthy? Try to eat something (a meal or a snack) every 2.5-3 hours to avoid energy slumps.

For fatigue that has lasted two weeks or more:

Seek professional help

Adapted from The University of British Columbia: Student Services



Want higher grades? Go to sleep!

Students who sleep more than 6 hours per night consistently have higher G.P.A.s than those who don't.

Sleep deprivation can result in poor concentration, memory, and judgement. Is staying up really worth it?

After 15-16 hours of being awake, your performance declines. This means any studying you do late at night is less effective than it would be if you went to bed and studied the next day instead.

The things you learn during the day are solidified and enhanced while you sleep. You're not wasting study time by sleeping. In fact, you waste it by not sleeping!

Adapted from the University of Saskatchewan: Student Health Services



Progressive Muscle Relaxation

This exercise helps to reduce tension and relax your body. It can give your mind something else to focus on, therefore relieving stress. For better stress relief and long-term benefits, try doing this at least once every day.

- Step 1:** Lie down in comfortable clothing, somewhere you won't be disturbed. Take 5 slow, deep breaths.
- Step 2:** Start by tensing the muscles in your feet as hard as you can (without causing pain!). Hold for 5 seconds, breathing in slowly.
- Step 3:** Slowly relax these muscles over another 5 seconds, breathing out slowly. Make sure you focus on how it feels to tense and relax.
- Step 4:** Pause for 15 seconds, remaining in a relaxed state.
- Step 5:** Repeat this with each body part, working your way up the body.

UM Resources

Sleep

Student Counselling Centre (SCC)

The SCC provides students with supports for their mental wellness. The offer offers individual counselling, workshops, and groups.

474 UMSU University Centre

204 474-8592

<https://umanitoba.ca/student-supports/student-health-and-wellness/student-counselling-centre-scc>

Health and Wellness

The Health and Wellness Educator is a Registered Psychiatric Nurse and available to talk about health and wellness topics.

469 UMSU University Centre (within the SCC)

204-295-9032

healthandwellness@umanitoba.ca

<https://umanitoba.ca/student-supports/health-wellness>

Console

Console is a mental health service available to UM students who have insurance through the university. Console offers 24-hour crisis support, daily journal, wellness assessment quizzes, mental health literacy training, and self-guided therapy. Console also connects students with mental health professional support VIA telephone.

https://studentcare.ca/rte/en/IHaveAPlan_UniversityofManitoba_Console_Console

Indigenous Student Centre (ISC)

The Indigenous Student Centre welcomes and supports Indigenous students and offers programming for students at any level of study, including Indigenous leadership development. They also provide opportunities for students, staff and the wider community to learn about First Nations, Inuit and Métis culture.

Migizii Agamik - Bald Eagle Lodge

isc@umanitoba.ca

204-474-8850

<https://umanitoba.ca/indigenous/student-experience>

Healthy U

Healthy U provides students with health and wellness resources.

healthyuofm@umanitoba.ca

<https://www.healthyuofm.com/>

University Health Services (UHS)

UHS has health care providers that can do STI testing.

ACW-Lot temporary trailer (behind the Isbister building)

204-474-8411

<https://umanitoba.ca/student-supports/health-wellness/university-health-service>

Off Campus Resources

Sleep

Contact your family physician if you have been experiencing fatigue for more than two weeks.

Family Doctor Finder

If you would like to connect with a family physician related to sleep challenges, you may contact Family Doctor Finder for assistance in connecting.

204-786-7111

<https://www.gov.mb.ca/health/familydoctorfinder/>

Online

Canadian Sleep Society

<https://css-scs.ca/>

Sleep Foundation

<https://www.sleepfoundation.org/>

Apps

Calm: An App for Guided Meditation

This app also focuses on guided meditation and has options lasting from 1-30 minutes.

<https://blog.calm.com/about>

Mindshift: An App for Anxiety Management

Need help learning to cope with anxiety? This app will provide you with a wide range of definitions, facts, and coping tools to better equip you to manage your anxiety on a daily basis. Available free for download from the App Store.

Anxietybc.com/resources/mindshift-app.

Better Sleep: A Music App

This app offers relaxing music, as well as 50 different sounds you can blend to create your own music.

<https://www.bettersleep.com/>

Sleep journal

What did you do in the last hour before bed?

What time did you go to sleep?

If you woke up in the night, what did you do while awake? Did this help you fall back asleep or wake you up further?

What time did you wake up?

What did you do in the first hour when you woke up?

How did you feel in the morning?

Sleep journal

What did you do in the last hour before bed?

What time did you go to sleep?

If you woke up in the night, what did you do while awake? Did this help you fall back asleep or wake you up further?

What time did you wake up?

What did you do in the first hour when you woke up?

How did you feel in the morning?

Curious about your sleeping patterns and what evening and morning routines work for you? Keep writing these things down over the next few weeks and look for patterns.