**How To Get Better Sleep As A College Student**

by Amanda Conover

Sleep is incredibly important, as most people know. But for college students, it is extra important. With the recommended amount of sleep, [students have better creativity, health, mood, energy, GPA, performance, etc.](https://health.gsu.edu/2015/12/01/the-effects-of-rest-on-college-students-are-you-getting-enough-sleep/) Without it, all these things decrease. And with the [average college student getting around 6-6.9 hours of sleep](https://www.uhs.uga.edu/sleep) despite the recommended amount of 8+ hours, it is more important than ever to stop the culture around staying up and drill home tips for sleeping in.

**Tip 1- Use electronics**

While many people think of putting down the phone as a tip to sleep better, using it can be just as helpful. These days, there are tons of apps that can help with sleep. From meditation apps like [Headspace](https://www.headspace.com/headspace-meditation-app) to apps like [Sleep Timer](https://play.google.com/store/apps/details?id=com.smholsen.sleeptimerallmedia&hl=en_US) that help you turn off media from your phone, there are lots of cool ways to use your phone to help you inside of hurt you. Just make sure you are not browsing social media or watching videos before bed, as this can and most likely will keep you up.

**Tip 2- Stay out of your room**

As hard as it can be, it is important to stay out of your room, or at least bed, when doing things that do not involve sleep. Things like studying or watching Netflix can trick your brain into associating your room with doing those things. It is important to reserve using your bed until it is time to hit the hay.

**Tip 3- Build a sleep schedule**

Although sleeping in on weekends may sound nice, it can severely mess up your sleep schedule. [Going to sleep and waking up at similar times every day helps your body’s natural internal clock](https://getsom.com/blogs/sleep/the-importance-of-sticking-to-a-sleep-schedule), known as your Circadian Rhythm. Do not stress too much if you sleep in a little more now and then, just remember that keeping a structured sleep schedule can help you sleep better.

**Tip 4- Avoid food before bed**

It might not sound very important, but avoiding food before bed can drastically help you fall asleep. Specifically, it is r[ecommended to not eat for 2-3 hours](https://www.sleepadvisor.org/eat-just-before-bed-risks/) before your intended bedtime, if you can help it. Doing so can not only help with digestion and avoiding unnecessary weight gain but can also allow you to get a better night's sleep. [Oregon State University](https://studenthealth.oregonstate.edu/health-promotion/sleep/tips-getting-good-sleep) even says that this can lead you to avoid heartburn and other discomforts which could keep you up at night.

In conclusion, there are many steps you can take to better increase your chances of a good night’s sleep and of getting the recommended amount of sleep. From downloading sleep-related apps on your phone, to creating rules and schedules around sleeping, to avoiding food a couple of hours before bedtime, there are a variety of ways to catch more zzz’s. What is important is that you stay focused on getting 8 or more hours of sleep, as it will help you in the long term both as a person and as a student. Happy sleeping!