**5 Tips for Higher Quality Sleep - SNORE**

**An article by Jack Taylor and Olivia Freeman**



We all know that sleep is vital for us to recharge and recover from a long day. [Getting a good night’s rest can](https://www.sclhealth.org/blog/2018/09/the-benefits-of-getting-a-full-night-sleep/) boost your immune system, increase productivity, improve memory, and can even have an effect on your mood. Being in college can cause a lot of late nights with not enough sleep. College students get on average 6-6.9 hours of sleep per night, where it is recommended we get anywhere from 6-10 hours of sleep. We have created the acronym of **SNORE** to help provide some easy tips on how to get better sleep for your physical and mental health.

**S: Stick to the same time for waking up and falling asleep.**

Most people have a daily morning or night routine that they follow regularly. The same should be done for sleeping. [Following a routine](https://healthysleep.med.harvard.edu/need-sleep/what-can-you-do/good-sleep-habits#:~:text=Keeping%20a%20regular%20sleep%20schedule,can%20improve%20your%20sleep%20dramatically) of when to go to bed and wake up helps to maintain the timing of the body’s clock making it easier to fall asleep and get up more naturally.

**N: Nap in the early afternoon to make up lost sleep time.**

Napping can be hit or miss for people. Sometimes you wake up feeling refreshed while other times you just wake up more tired. [Napping in the early afternoon](https://www.sleep.org/whats-the-best-time-of-the-day-to-nap/#:~:text=When%20Is%20the%20Best%20Time,sleepy%20or%20fatigued%20(7)) could help to offset the post-lunch sleepiness. Napping should also be done in specific time lengths that follow your sleep cycle, by following that can help to reduce the number of times you feel groggy post-nap. Ideally, a nap should be 10-20 minutes or around 30 minutes.

**O: Opt to put technology aside one hour before closing your eyes.**

It’s easy to reach for the phone when you’re headed to bed, but [studies have shown](https://www.sleepfoundation.org/how-sleep-works/how-electronics-affect-sleep) that the blue light from the screen could make it harder to sleep. Specifically, it blocks the body from producing melatonin, and so that can make for a restless night. Instead, make your bed a screen-free space so that you can fall asleep more easily.

**R: Relax with some meditation or yoga if feeling restless.**

While meditation and yoga are typically known for achieving mental peace, did you know it could help you sleep as well? [The calming nature of meditating](https://www.healthline.com/health/meditation-for-sleep) can get your mind relaxed and in a place where falling asleep will come much more naturally.

**E: Exercise early in your day and eat a balanced diet.**

[The Sleep Foundation recommends](https://www.sleepfoundation.org/physical-activity/best-exercises-sleep) having a regular exercise routine to get consistently good sleep, as the two can be related. Some workouts to try specifically for sleep include aerobics and resistance training. In addition, food can play a role in sleep as well, and [specific items can be helpful to eat](https://www.healthline.com/nutrition/9-foods-to-help-you-sleep) right before going to bed. This includes things like almonds, walnuts, and kiwi, along with a few teas like chamomile and passionflower.

**SNORE: The Five Tips**

With the acronym SNORE, each one challenges a different behavior, so it’s important to take on whichever changes you can handle. It may be an adjustment from old patterns, so give yourself grace as you adjust towards new actions and hopefully better sleep. With time, you’ll find yourself more well-rested and able to adjust to even healthier habits in the future.

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