

# Installments

VOL 1 Issue 6

THE NUMBER TWO NEWS SOURCE AT WAKE

FEBRUARY



## AVOID A BEDTIME BATTLE

Looking for some better sleep? Here are some tips that can help you fall and stay asleep better.

### Use your bed only for sleep & sex

This can be difficult in a zoom world, but try to find different places outside your bedroom to work and study.

### Remove Excessive Clutter

Try removing anything that you don't need and use organizational storage boxes to keep visual clutter to a minimum. A tidy space can help reduce stress and anxiety

before bed.

### Put Away Electronics Before Lights Out

Light from screens can keep your mind activated and affect your circadian rhythm. Try to put away your electronics an hour before bed to improve your sleep!

### Make a Comfortable Bed!

You can improve your sleep by making your mattress comfortable by adding a mattress pad or trying out different pillows and sheets that work for you.

### Keep Your Room Cool

Excess heat can disrupt your sleep, use a fan, open a window (in the fall and winter), or set your thermostat between 60° to 67° for undisturbed sleep.

### Make your Bed Every Day

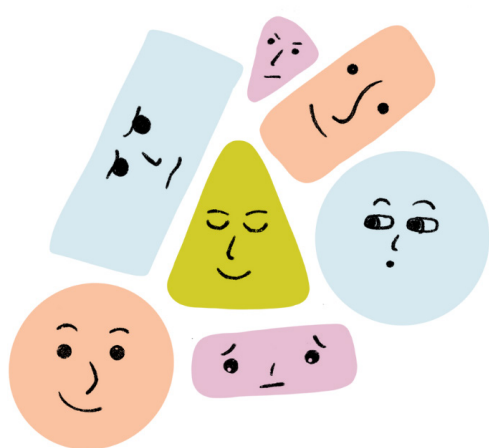
Not only will it start your day on the right foot, but it can help you adopt better habits and will keep your room looking cleaner. A National Sleep Foundation poll even found that those who make their beds sleep better at night!

Ready to learn some new habits? Sign up for this year's Sleepin' Deacon challenge. Registration opens Feb 7th.

Learn some new techniques and win some pretty cool giveaways!



Learn more



## SEE YOUR EMOTIONS MORE CLEARLY

Mediation isn't the secret sauce to life. Overtime, however, it teaches us to surf the emotional ups and downs of our lives with more peace and allows us to have more clarity.

Scientific research shows how effective meditation and mindfulness can be, including reducing Cortisol (stress hormones), providing serotonin and endor-

phins, strengthening our DNA, and lengthening our attention span.

How can you be mindful today?



Read more



## YOUR BRAIN AND BODY NEED IT...

Come learn about why sleep is so important in helping you reach your academic goals! This session is facilitated by CLASS staff and Dr. Guy Palmes from Student Health Service. Plus, you'll get a free t-shirt and candy!

Thursday, February 10 at 4:00 PM.



View on The Link