Debunking some common MYTHS:

*I can sleep more on the weekend to make up for lost sleep during the week.*
The idea of “catching up on sleep” during the weekend is a myth - this may actually worsen your sleep pattern for the week. Sleeping in until the afternoon on Sunday prevents you from falling asleep at a reasonable time that night. So instead of correcting a deficit, you’ve set up a no-sleep cycle for the following week.

*Drinking alcohol before bed helps me sleep.*
While drinking alcohol may make it easier to fall asleep, it disrupts the sleep cycles which can prevent you from getting restful sleep and take away from the benefits of deep sleep.

Sleep Tips:

- **Get some exercise!** This can promote regular wake and sleep patterns as well as alleviate stress. Make sure not to work out 2-3 hours before bed - as this awakens the body.
- **Make your bed a place for sleeping** by avoiding watching TV or doing homework regularly on it.
- **Abstain from caffeine** 6 hours before bed, and **alcohol** 4-6 hours before bed.
- **Create a regular sleep schedule** and try to stick with it - even on the weekends.

Inspired to get better sleep? *Try the SWA Sleep Challenge!*

**Day 1:** Set a certain amount of time you want to sleep per night (7-9 hours is recommended) and stick to it!
**Day 2:** Stop drinking caffeinated beverages 6 hours before bed
**Day 3:** Power down! Stop using electronics 1 hour before bed.
**Day 4:** Try not to do homework in bed.
**Day 5:** Check in - are you sticking with you sleep schedule?
**Day 6:** Create a bedtime ritual (deep breathing, stretches, etc) to wind down
**Day 7:** Visualize yourself energized and maintaining these habits to better your sleep for the upcoming week!