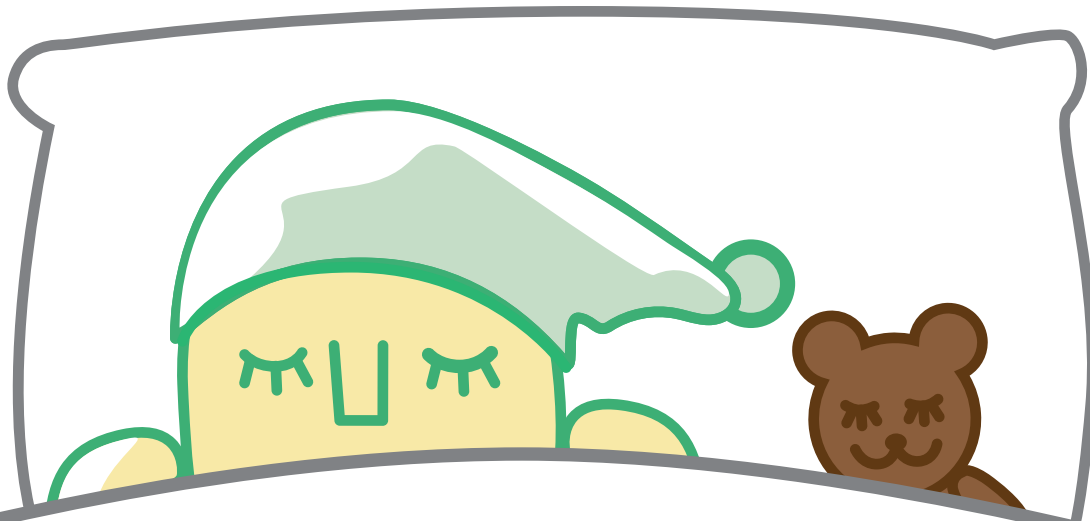


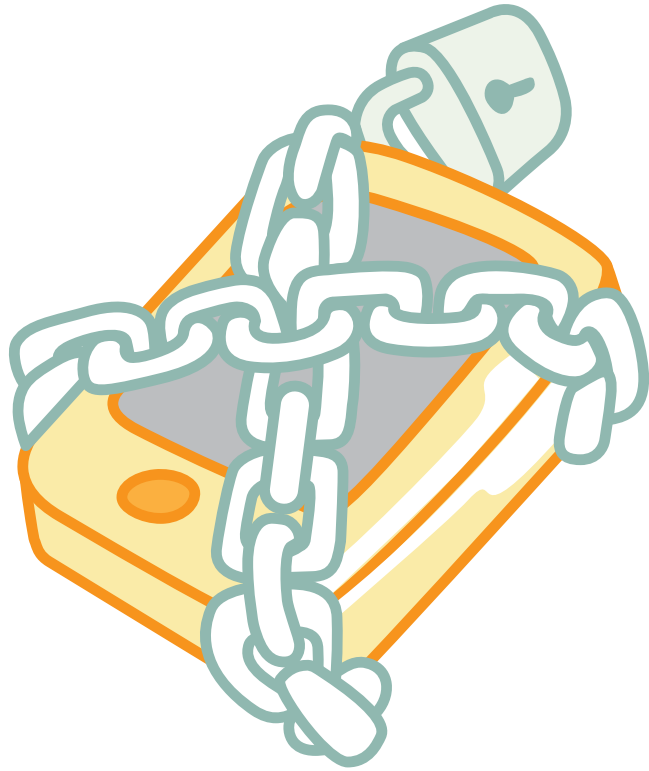
Distressed by Sleeping Difficulties?



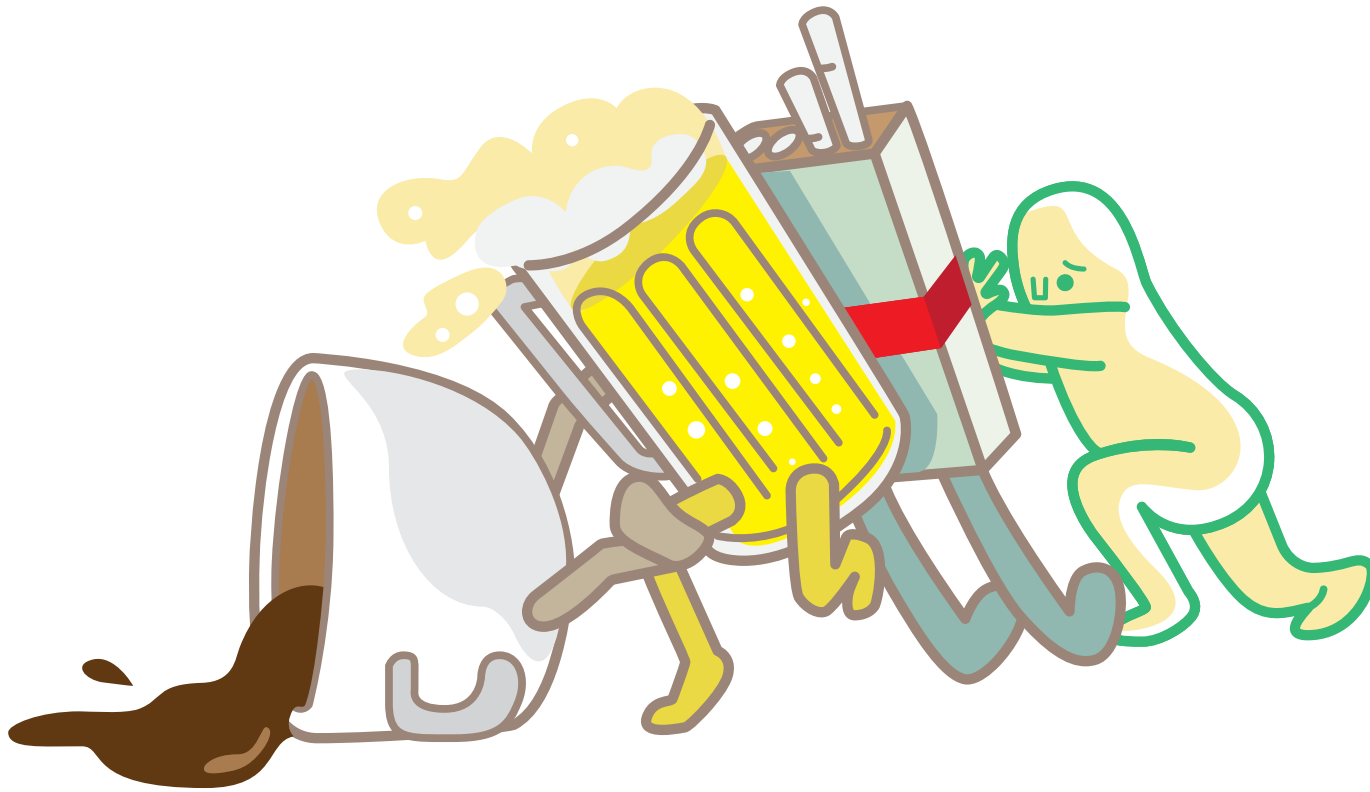
CoPE  
Together



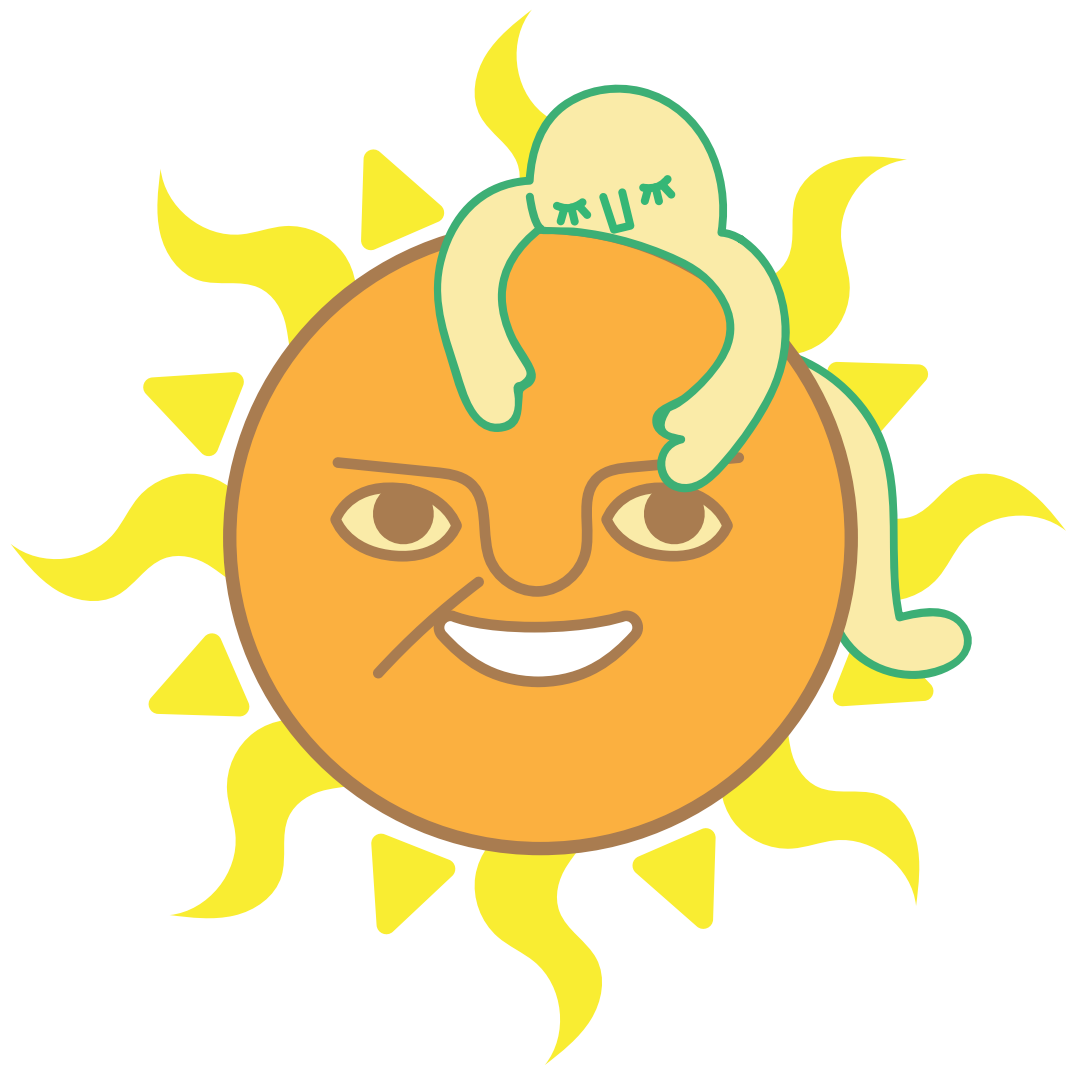
**Other than having a comfortable sleep environment (e.g. a dark and quiet room with a good pillow), there are some ways you can try to improve your sleep quality!**



**Avoid activities that make your brain active before sleep, such as reading, using your phones and scrolling on social media.**



Reduce the intake of caffeine,  
alcohol and tobacco.



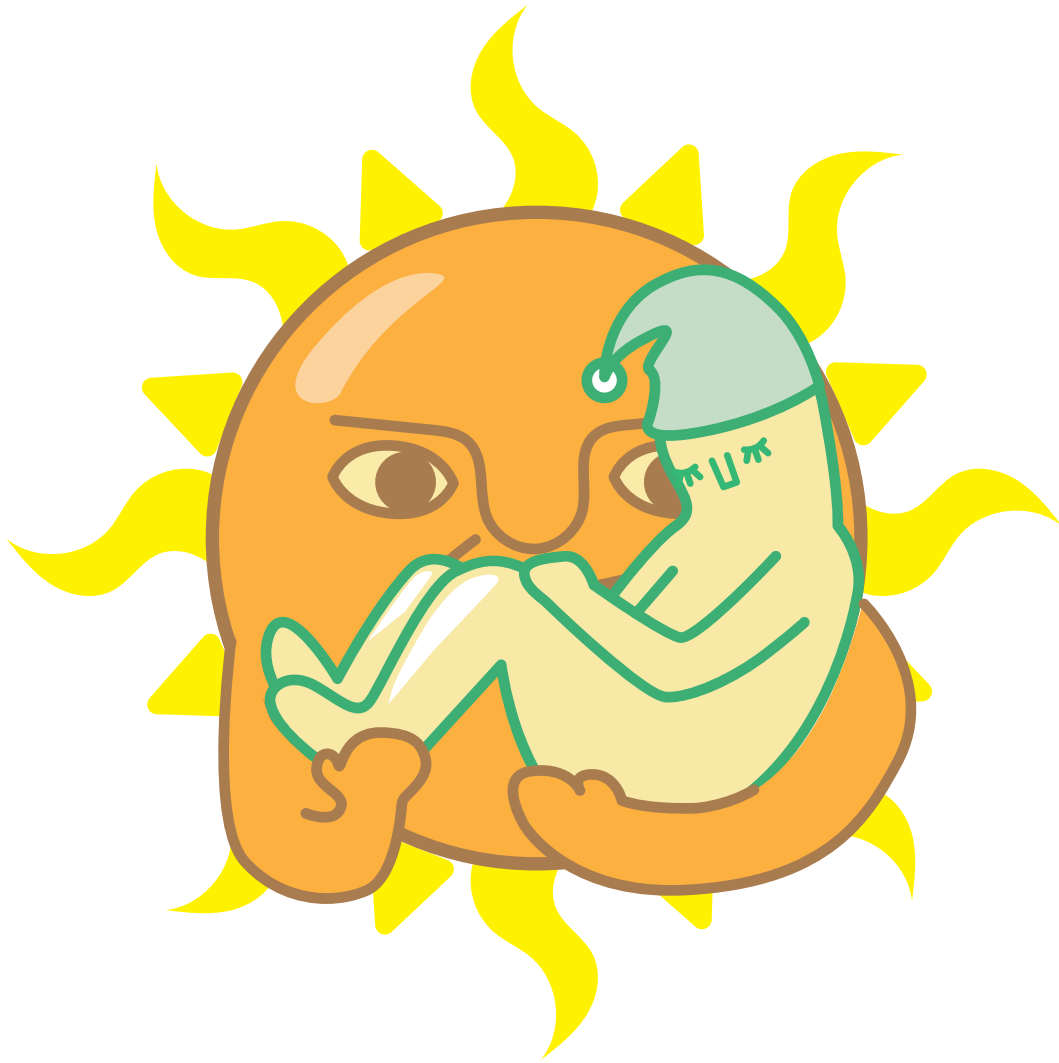
Get more exposure to  
sunlight.



**Reduce stay-in-bed time.  
Leave your bed if you cannot  
sleep after 20 minutes.**

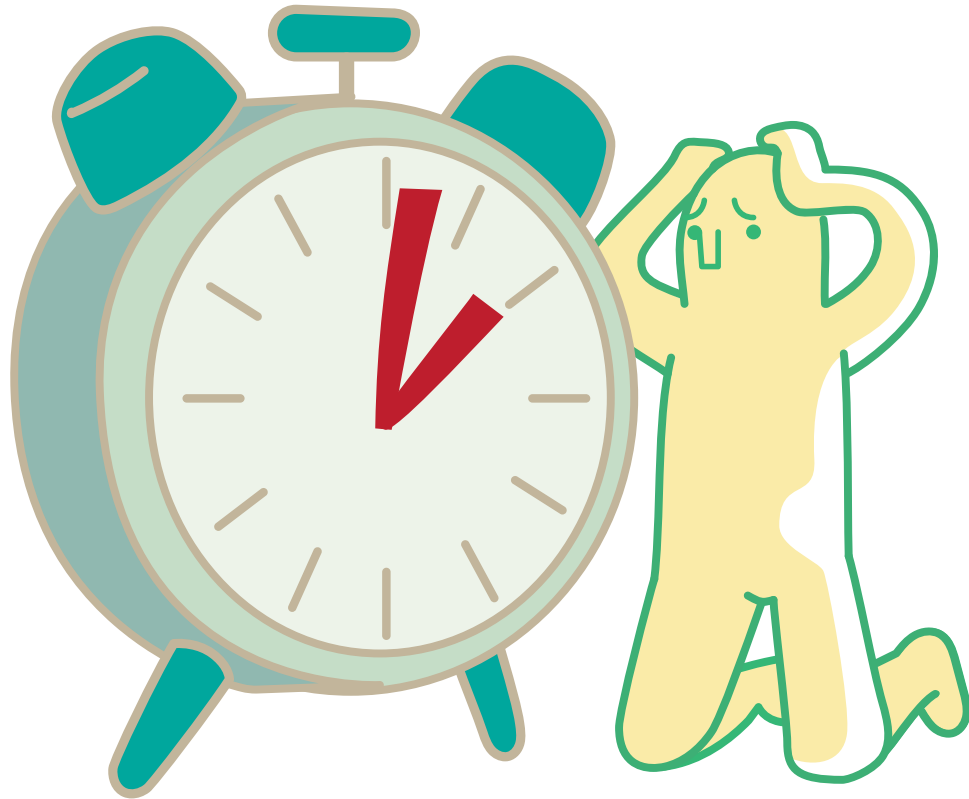


**Avoid going to bed with a full or empty stomach.**

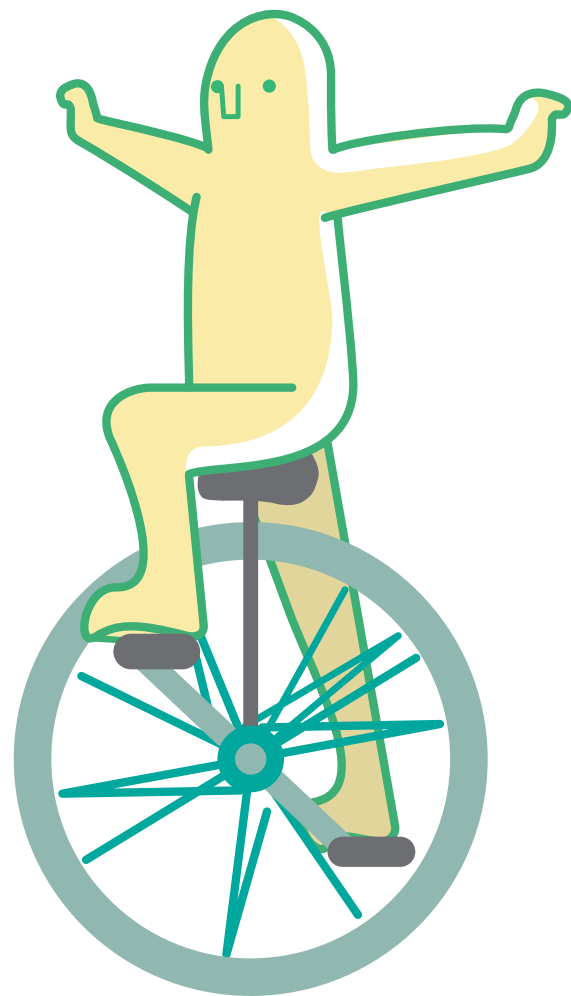


**Avoid taking naps during the day.**

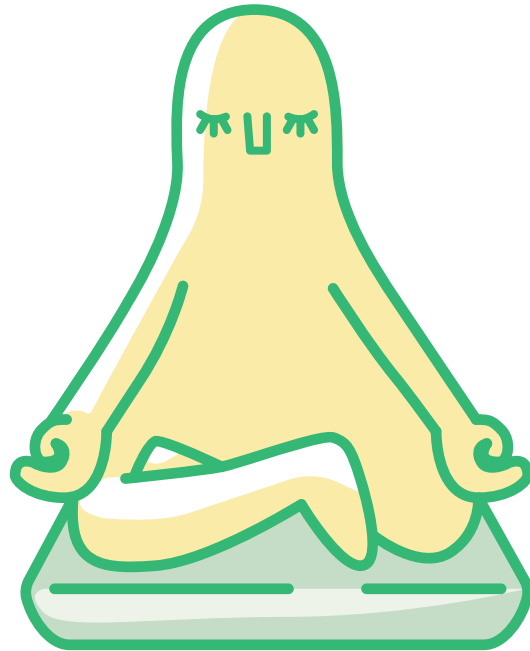




**Put away the alarm clock. Constantly looking at it and calculating how much time you have left for sleeping only make you more anxious.**



**Get into a habit of regular exercise.**



**Try some relaxation exercises, such as mindfulness practices, diaphragmatic breathing, progressive muscle relaxation, etc.**



**Adequate and quality of sleep is an important part of our health. If your sleep difficulties persist, seek help from professionals to identify the cause. Please contact CEDARS-CoPE or UHS, we are here to help!**

**CEDARS - Counselling and Person Enrichment (CoPE)  
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**University Health Service (UHS)  
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