

20 golden tips for a healthy sleep-wake-rhythm for students - not only during COVID-19 times :-)

1. **Make sure to get enough sleep (7-9h)!** Make sure to get enough sleep even in these unusual times - sleep is important for recreation and restoration, your immune system, and especially for your memory and your emotion regulation. Sleep neither less nor more than before COVID-19 (the average sleep duration in young adults is 7-9h)!
2. **Keep getting up and going to bed at the same time every day!** Even in these unusual times, keep getting up and going to bed at the same time every day, regardless of the day of the week, even if you don't have to go to university or work! We are "rhythm creatures" and this helps us not to lose our rhythm! Even if your bedtime is currently shifted by 1-2 hours, also given the recent clock change - the most important thing is that you keep a regular sleep-wake rhythm!
3. **Vitalise yourself in the morning and during the day!** To vitalise yourself in the morning and during the day, go outside for a short walk, either alone or with a family member/room-mate in the fresh air and in the daylight. If you prefer to stay inside, do a 10-15min fitness workout with the window open to get your circulation going.
 Link to workout tips for free live yoga courses:
<https://www.yogawerkstatt.at/vinyasa-yoga-mit-romana/>
 Link to yoga, mediations and workouts:
https://www.youtube.com/results?search_query=mady+morrison
4. **Stick to a healthy diet and adapt your eating habits!** Make sure you stick to a healthy diet and adapt your eating habits to your energy demands during the COVID-19 curfew, which may render you less active. You can also come up with a weekly schedule / meal plan for what you want to cook every day. This will save you frequent shopping (which you should avoid at the moment). Take care of a balanced diet and create your plan accordingly. Link to nutrition tips: <https://www.projekt-gesund-leben.de>
5. **Avoid meals that are too heavy after 6 p.m.!**
6. **Refrain from drinks that are too sweet, sugary or contain caffeine after 6 p.m.!** Refrain from drinks that are too sweet / sugary or contain caffeine (e.g. coffee, coke, ice tea, energy drinks) after 6 p.m. They really give you an energy boost although your body is slowly starting to prepare for sleep.
7. **Avoid excessive consumption of alcohol, nicotine, and all other drugs!** If at all, avoid excessive consumption of alcohol, nicotine, and all other drugs. Do not consume them just because you're bored. Alcohol makes you fall asleep faster, but overall your sleep becomes less deep and more fragmented.
8. **Don't smoke in your apartment/bedroom!**

9. Separate sleeping and studying / working places well!

Try to separate sleeping and studying / working places well! Even if you only have a small apartment, do not work in bed - sleeping and sex are the only activities allowed in bed. This also means that you should not eat, watch TV, play computer games, etc., in bed.

10. Try to distinguish between work and free time also through your clothing style!

Try to distinguish between work and free time also through your clothing style. For work, dress up the way you would go to work or university. Take care of your appearance and do not forget to pay attention to personal hygiene (brushing your teeth, showering, shaving, etc.).

11. Make a timetable to schedule your work and free time!

Make a timetable to schedule your work and free time. This helps you to structure the day and ensures that in the evening, you can look back happily at what you have achieved during the day. Make a to-do list, tick it off, and create your daily feelings of success!

12. Try to control your screen times and take care that they do not become too excessive!

The bright light from the screen disturbs your melatonin balance. Melatonin is the hormone that helps us fall asleep. Check whether the blue light filter / night mode is activated on your electronic devices! Make sure that you get enough daylight under the open sky (balcony, walking, etc.), this also improves your sleep. Switch off your cell phone / tablet / TV / laptop at least 30 minutes before you go to sleep, so that you are not online until closing your eyes to sleep.

13. Don't sleep during the day and only take afternoon naps before 3 p.m.!

Even if we now have a lot of time to hang out and relax: don't sleep during the day and only take afternoon naps before 3 p.m. (better to not cover yourself with a duvet so it doesn't get too cozy) for a maximum of 20 minutes (set your alarm) - otherwise your sleep-wake rhythm will get messed up and you will end up having problems falling asleep and sleeping through the night! At any time of the day, you can now and then relax with short relaxation exercises (link). This may also help you with your concentration. There are currently many free online opportunities you can join, where people meditate together, for example, during the day or evening via zoom - take a look (<https://8samer.de/online-live-meditation/>) <http://8samer.at/>

14. Try to take care of yourself and create moments of well-being - even in these difficult

times: treat yourself to something good - even if it is only a little thing - think about what it could all be (try cooking a new dish, reorganise your apartment, set up a new Spotify list, make a photo book from your last vacation, plan your next holiday trip, massage your hands and feet (if you don't live alone - get a massage, massage each other ;-)) take a hot bath in the evening, put on some lotion, etc.) Just have a good time :-). "Do a good deed every day - during these times better online" - doing something good for others brings happiness: send your family members / friends / university colleagues a nice photo, or something that makes them laugh. Maybe you record one or two encouraging sentences and send it, or just a nice emoji. You will see, this is good for everyone :)

15. Maintain your social contacts online, exchange ideas with friends!

If you feel lonely and have little social contact, look for groups online, where you can register. This brings variety and exchange with others into your daily routines and helps you fall asleep better. Don't be stressed out by what others are doing at this time. Look after yourself and what is good for you.

16. Don't watch horror movies or horror news just before bedtime!

Watch the news earlier in the evening so that you don't go to bed distressed and scared.

17. Do not engage in strenuous physical and cognitive activities during the last hour before bedtime - there is certainly enough time for this during the day!

18. Develop your own daily bedtime routine that lasts 30 to 45 minutes to calm down!

Develop your own daily bedtime routine that lasts 30 to 45 minutes (e.g. showering, brushing your teeth, reading a book, listening to your favorite calm-down music list, lotion your feet etc.) - The goal of this bedtime routine is that you go to bed relaxed and carefree so that you can sleep well.

19. Do not share your bed with your pet(s)! It is best to sleep in your own bed without a pet so that the movements of your four-legged friend can't wake you up!

20. Create a cozy, clean, cool, darkened, and well-ventilated sleeping environment!

Create a cozy, clean, cool (19-21 degrees), darkened, and well-ventilated (fresh air) sleeping environment! Wash your bed clothes. You can also redesign your sleeping place a little. Now is the ideal time for a spring cleaning - finally clear out the apartment and thus also clear your soul :-)



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