

10 tips for falling asleep / sleeping through for students - not only during COVID-19 times :-)

If you cannot fall asleep in the evening or wake up at night and cannot fall asleep again ...

1. Relaxation exercises for the body - e.g. progressive muscle relaxation:
Link: <https://www.tk.de/techniker/magazin/life-balance/aktiv-entspannen/progressive-muskelentspannung-zum-download-2021142>
2. Relaxation exercises for the head - "Idle picture, imagery journey" - remember beautiful moments, move to your "place of strength" or just imagine where you can go next on vacation :)
Link: <https://www.gesundheit-blog.at/fantasiereise-erwachsene.html>
3. Listen to your favorite calm-down music list
4. If you can't sleep for more than 30 minutes, get up and go out of the bedroom, take a few notes of what is worrying you and only go back to bed when you are tired again.
5. With dimmed light e.g. coloring a mandala.
Link: <https://www.mandala-bilder.de/erwachsene-mandalas.html>
6. If you cannot fall asleep / sleep through, do not switch on the TV or smartphone, laptop etc. - generally avoid any light, even if you only go to the toilet, do not switch on the large ceiling light - this will wake you up!
7. If you are worried about the current situation or other things, make sure you take a few notes and call / chat the next day with your family or friends to discuss your concerns - it makes no sense to worry in bed, even if it is sometimes difficult. There are also professional addresses to get in contact with where you can get support
Links: <https://www.boep.or.at/psychologische-behandlung/helpline>
www.psychnet.at
https://www.boep.or.at/download/5e70a6b23c15c85df500007/20160317_COVID-19_Informationenblatt.PDF
<https://www.studentenberatung.at>
8. Alcohol and medication are not a solution - alcohol in particular makes your sleep less deep and more fragmented; you become dependent on medication and you can only take it after consulting your doctor and for a short time!
9. If you wake up at night, don't drink stimulating drinks. Do not consume nicotine or other drugs - this energizes you and disturbs your sleep!
10. Do not keep an eye on the time during the night - put your alarm clock away from your bed!



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