If you don’t SNOOZE, you LOSE.

Sleep Tips

- Avoid naps.
- Leave work outside the bedroom.
- Dim the lights 30 minutes before going to bed.
- Make your sleeping area cool, dark, and quiet.
- Maintain a consistent sleeping schedule — go to bed and wake up at the same time every night.
- Turn off all electronics and take some time to relax 1 hour before bedtime.
- Exercise regularly, but not too close to bedtime.
- Avoid caffeine, nicotine & alcohol 3 hours before bed.

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Sleeping makes you healthy
Your immune system relies on sleep to repair strength and help fight toxins.

Sleeping improves the heart
Quality sleep improves cholesterol and triglycerides levels.

Sleeping decreases stress
When we go to sleep and whenever our body is asleep, it releases the hormones melatonin and serotonin. These hormones help balance stress hormones. Ideal sleep helps balance hormones, making the body happier and emotionally stronger.

Sleeping supports weight loss
Lack of sleep creates an imbalance in hormones that can cause us to feel hungry when we are not.

Sleeping helps you learn
Sleeping strengthens the neural connections that form our memories.

Sleeping increases creativity
With the stress of life’s peaks, the mind restored, and the brain more balanced, the mind has a healthier imagination, making you more creative.

Why we need to sleep better
If You Don't Snooze You Lose
If You Don’t Snooze...
Sleep TIPS

AVOID NAPS.

LEAVE WORK OUTSIDE THE BEDROOM.
DIM THE LIGHTS 30 MINUTES BEFORE GOING TO BED.

MAKE YOUR SLEEPING AREA COOL, DARK AND QUIET.

MAINTAIN A CONSISTENT SLEEPING SCHEDULE — GO TO BED AND WAKE UP AT THE SAME TIME EVERYDAY!

TURN OFF ALL ELECTRONICS & TAKE SOME TIME TO RELAX 1 HOUR BEFORE BEDTIME.

EXERCISE REGULARLY, BUT NOT TOO CLOSE TO BEDTIME.

AVOID CAFFEINE, NICOTINE & ALCOHOL 3 HOURS BEFORE BED.
Sleeping makes you healthy

Your immune system relies on sleep to regain strength and help fight toxins.

Sleeping improves the heart

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When we go to sleep and whenever our body is relaxed it releases the hormones melatonin and serotonin. These hormones help eliminate stress hormones. Ideal sleep helps balance hormones making the body happier and emotionally stronger.
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Sleeping strengthens the neural connections that form our memories.

Sleeping increases creativity

With the memory at its peak, the mind restored, and the hormones all balanced, the mind has a healthier imagination, making you more creative!
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