• Maintain a regular wake up time, even on weekends.

• Try to sleep only when you are drowsy.

• Take a bath. When your body gets ready for sleep, your temperature drops. A bath may nudge your bedtime biochemistry along.

• Exercise early. If you exercise do it before dinner, not after.

• Deal with your stress. If daytime troubles keep you awake try jotting yourself notes about what they are and how you might deal with them. Consider seeing a therapist to help with stress, depression or anxiety that may be causing your insomnia.

Recommended Reading:
Desperately Seeking Snoozing
by John Wiedman
Bedtime Stories : Soothing Stories for falling asleep
by Calrissa Pinkola Estes
Restful Sleep: The Complete Mind Body Program for overcoming Insomnia
by Deepak Chopra

The Georgia Tech Counseling Center is a unit of the Division of Student Affairs. The Center is dedicated to enhancing the academic experience and success of all students by providing a variety of counseling and psychological services to individuals and the campus community. We provide short-term counseling services to address a wide range of personal and career concerns. Our services are available at no charge to currently enrolled students.

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“Sleep,” said Shakespeare is “the balm of hurt minds, great nature’s second course, chief nourisher in life’s feast.”

Why we can’t sleep:

- **Anxiety and or Depression.** Insomnia is a effect of both of these conditions
- **Biological Clocks,** that are out of phase. It is very important to learn how to fall asleep and wake up at an appropriate times
- **Medical Problems,** If you have insomnia, it is recommended that you get a check-up to rule out or treat any illnesses you may have
- **Substance Use,** Caffeine or other stimulants Adderall, Ritalin, Alcohol.
- **Worry**
- **Noise**

**The effects of insomnia:**

Research demonstrates that people who are not getting enough sleep are more likely to have:

- **Weakened Immune systems**
- **Accidents**
- **Major depression**
- **Poor concentration**
- **Inability to advance academically or in their careers**

**What you can do to sleep better:**

- Keep a regular sleep schedule.
- Avoid caffeine and nicotine, especially at night. They are stimulants and may be keeping you awake.
- Avoid alcohol within 4-6 hours of bedtime. While it may make you drowsy, it can keep you from sleeping deeply or enough.
- While a light snack before bedtime can promote sound sleep, avoid large meals.
- Minimize light, noise, and extremes in temperature in the bedroom.
- Save your bed for sleeping and sex.
- Avoid napping during the daytime. If you must nap, do it before 3 pm and for less than an hour.
- Distract your mind. Lying in bed unable to sleep and frustrated needs to be avoided. If you can’t sleep, after twenty minutes, get out of bed, read a book, put together a puzzle, watch a video, or listen to a book on tape. Let these things distract you so that you can relax.