**Logo, company name

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Description automatically generatedGreat Falls College MSU**

**Mindfulness & Sleep**

**for Academic Wellness**

**Mindfulness:**

* being fully present
* aware of where you are
* aware of what you’re doing
* not overly reactive
* not overwhelmed by your

environment

Benefits of being mindful:1

* less stress
* ability to concentration
* improved sleep quality
* higher test scores
* better life balance
* health
* higher quality of life

Mindfulness Apps (see “Mindset

& Emotion for Academic

Wellness” handout) \*More information at mindful.org

**Visit korumindfulness.org 🡪 explore mindfulness under ‘resources’ tab**

**Sleep:**

Sleep hygiene: optimizing your bedroom environment and daily routines to promote

good quality sleep

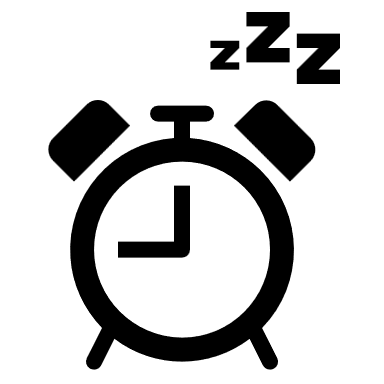
Habits: specific, automatic behaviors

Routines: sequence of daily events that provide daily structure

* Daily and nightly routines facilitate habits that can improve sleep quality

Create a sleep environment:

|  |  |  |
| --- | --- | --- |
| Comfortable mattress & pillow | Temperature set around 650F | No light: use curtains or eye mask |
| No noise: earplugs, white noise machine, fan | Try scents: lavender may induce calmness | Pets off the bed or outside of the bedroom |

Create a nighttime routine: (see ‘Routines for Quality Sleep’ handout)

* Keep routine consistent

More information can be found at sleepfoundation.org

1Seo, B., Thomas, A., Corcoran, S., & Enam, N. (2020). Mindfulness workshops to address stress and quality of life in college students. SIS Quarterly Practice Connections, 5(4), 20–22