

Office of Community Standards and Counseling

Hours:
Monday – Thursday:
8:30 am to 5 pm
Friday:
8:30 am to 4 pm

Room 1155
585-785-1211

www.flcc.edu/offices/judicial/

After Hours:

For non-emergency situations,
call Campus Safety @ **585-785-1900**

In the case of an emergency,
call **911**

Additional Resources:

Lifeline: dial **211** or **1-877-356-9211**

National Suicide Prevention
Hotline: **1-800-273-8255**

Crisis Text Line: Text **HOME** to
741741

3325 Marvin Sands Drive
Canandaigua, NY 14424



Obtaining restful, restorative sleep as a college student is critical in improving your daytime functioning (ability to focus and concentrate while in class, more energy to get through your day, ability to problem solve) as well as encoding and consolidating information for easier retrieval when needed.

In order to function at your most optimal level, here are some strategies to consider to improve your sleep:

SLEEP TO REMEMBER: Sleep to remember; remember to sleep. Your memory, reasoning, and problem-solving all improve with sleep.

MAKE SLEEP A PRIORITY: Develop a daily schedule where sleep is the most important aspect of your day. Build your class schedule, work availability, and other miscellaneous activities around your sleep schedule.

ENSURE THAT YOUR BEDROOM IS COMFORTABLE: “Comfort” is different for everyone. Have a heater or fan in your bedroom, blackout curtains, sleep masks, or ear plugs. Your bedroom should be a place that invites sleep.

MINIMIZE USE OF TECHNOLOGICAL SCREENS: Blue light suppresses melatonin release which in turn fuels wakefulness. Some devices have a way to change the background light from blue to amber, which may be helpful. However, still consider limiting use of screens 30 minutes before your planned bedtime.

MINIMIZE USE OF CAFFEINE: Caffeine is a stimulant, which causes your body to be more alert. It can remain in your body for 3-5 hours. Even though you may not be affected by caffeine, it could still impact the quality of your sleep.

WORRY JOURNAL: If falling asleep is difficult for you, consider a journal next to your bed to jot a list of things that are on your mind and then set it aside. Reflect on positive experiences from your day. This may help with reducing rumination and the positive thoughts may help with enabling you to fall sleep.

FOCUS ON YOUR PRE-BEDTIME ROUTINE: Get in the habit of using the 30 minutes of “no screen” time to drink non-caffeinated tea, listen to relaxing music, journal, meditate, focus on positive experiences from your day, etc.

REMEMBER, YOUR BED HAS A PURPOSE: Sometimes it is easy to get into the habit of doing lots of different activities on your bed (doing homework, watch movies, etc.). However, your bed should be used only for sleep and other relaxing activities. If you can’t fall asleep, leave the bed and engage in a quiet activity until you start to feel tired and then return to bed. You want to develop an association that your bed is for sleep, which makes this process easier.

PRACTICE MAKES PERMANENT: It takes a little bit to develop a habit and that is why maintaining a sleep schedule is important. Sleep is a conditioned behavior. It is possible to improve your sleep.