

Get Good Sleep!

Do not eat or exercise at least three hours before bed

Insomnia has been linked to mental health concerns in college students. Use these tips for good sleep.

Maintain a consistent sleep/wake schedule

Avoid caffeine, alcohol, & nicotine before bed

Refrain from napping more than one hour & after 2pm

Only use your bed for sleep & sex

Create a relaxing bedtime routine without TV or tech

Counselingservices@mountunion.edu
email to schedule an appointment