



When you sleep the brain:

restores, replaces, rebuilds, processes, consolidates, and increases “our ability to come up with novel solutions to complex problem.... in fact, it's been estimated to give us a threefold advantage” (Russell Foster, circadian neuroscientist).

Benefits of sleeping well are:

an improved ability to focus, remember, and retain new information; a stronger immune response; a greater ability to complete tasks like studying, researching, and writing; and, improved mood, where you'll be less likely to feel anxious, irritable, sad, or worried.

To help get better sleep during exam time, try:

- plan quiet time before bedtime when you focus on doing activities that promote rest. D
- develop rituals of things that remind your body that it's time to sleep (e.g., relaxing stretches, breathing exercises, bathing, reading).
- journaling thoughts and feelings, or reflections on the day, and gratitudes.
- remind yourself you have studied and sat exams before and you will do it again
- remind your self you are a student and here to learn
- grounding exercises like:
 - breath counting and/or slowing your breath down
 - mindful body scan: As you lie on your bed notice your breath and the places where your body is touching your bed. Then, starting at the toes, you can think of “switching off” in each part of your body, part by part.
 - counting: To slow the mind down and release you from cyclical patterns of thought, you could count slowly: starting at 10 (or even 1,000) counting backwards to one, then starting at 10 again.
 - visualizations: A visualization asks you to imagine an image or scene, then it takes you into a mental state that is similar to hypnosis.

**If you worry about not sleeping you will decrease your ability to sleep.
Try to reframe to REST. And do these resting activities.**

Sleep Resources

- Insight Timer: <https://insighttimer.com/meditation-topics/sleep>
- Why do we sleep? by Dr Russel Foster www.ted.com/talks/russell_foster_why_do_we_sleep#t-264329
- <https://students.ubc.ca/health/health-topics/sleep-success#strategies-for-better-sleep>
- <https://www.heretohelp.bc.ca/visions/mind-body-connection-vol10/how-to-use-the-power-of-your-mind-to-reduce-stress-and-sleep-better>