### Scullin’s Top 10 Tips to Improve Sleep

1. **Avoid electronics near bedtime.**
   (blue light suppresses melatonin production and REM sleep; Chang et al., 2015)

2. **Avoid caffeine and other stimulants at least six hours before bedtime.**
   (caffeine use delays sleep and can decrease slow wave sleep; Drake et al., 2013)

3. **Minimize saturated fats and maximize fiber at dinner.**
   (high fat/low fiber dinners may decrease slow wave sleep; St-Onge et al., 2016)

4. **Only use the bed for sleep rather than for studying or entertainment.**
   (associate the bed with sleeping rather than with alertness; Bootzin et al., 1991)

5. **If you cannot fall asleep in 10 minutes then, get up and leave the room. Only try again when you feel sleepy.**
   (avoids associating the bed with not being able to sleep; Bootzin et al., 1991)

6. **Avoid long daytime naps.**
   (long naps can make falling asleep at night more difficult; Bootzin et al., 1991)

7. **Go to bed and wake up at the same time every day, even on weekends.**
   (Variability in sleep timing alters circadian rhythms; Phillips et al., 2017)

8. **If you are ruminating at bedtime, then write out your to-do list or worries.**
   (writing decreases sleep onset latency; Harvey et al., 2003; Scullin et al., 2018)

9. **Engage in aerobic exercise in the morning or afternoon.**
   (moderate intensity aerobic exercise improves sleep quality; Kline et al., 2011)

10. **Prioritize sleep and manage time better during the day, for example, by staying on campus after class to complete homework.**
    (If incentivized, students can sleep 8 hours, even during final exams; Study 1-2).