

LESSON: Module 7



Lesson

What to do: Review the lesson(s) after you've reviewed the module overview. You're encouraged to take notes, to review the lesson(s) more than once, if needed, and to write down any questions you have.

Lesson

Falling Asleep

When you've set aside the time to sleep, nothing can be more frustrating than not being able to actually fall asleep. Here are some ways to fall asleep faster and sleep more soundly:

- **Aim for a consistent bedtime and wake time** so your body can regulate when it feels alert vs. tired.
 - Read more about the importance of consistency in the article by Dr. Michael Breus, [Both Bedtimes and Wake Times Matter to Good Sleep](#).
- **Don't let your class schedule dictate when you wake up.** Choose a consistent time to wake up. On days when your class starts later, use the extra time in the morning to work on assignments, go to the gym, or complete another productive activity. A productive morning helps you begin the day motivated and may even clear up your evening!
- **Develop a morning routine**—it might just make you a morning person.
 - Read the article [I Tried 7 Different Morning Routines - Here's What Made Me Happiest](#) about one person's investigation of 7 different morning routines. Which ones could you try?
 - Review the article [9 Apps That'll Take the Stress Out of Your Morning Routine](#) for a rundown of an array of apps that can help you have a well rested, well planned, and productive morning.