

Sleep

Resource Guide

Articles

Food and Drink to Promote Good Sleep

Find out which [foods and drinks](#) could help you fall asleep faster and stay asleep more soundly

The Ideal Bedroom

The Better Sleep Council talks about the [optimal bedroom conditions](#) for getting good quality sleep

Healthy Sleep Habits

Learn from the National Sleep Foundation what [sleep habits](#) to start adopting to have good sleep hygiene

Sleep When Working Non-Traditional Job Hours

Working night shifts? Sleep.org teaches how to make sure you still get [quality sleep during rotating shifts](#)

Fact Sheets

Five Facts About Sleep and Exercise

Learn about the [connection between sleep and exercise](#) from the National Sleep Foundation

Six Tips to Better Sleep

Mayo Clinic teaches how to [make sure you get have a good sleep experience](#) every night

Best Foods to Eat Before Bedtime

Did you know what you eat affects your sleep? Healthline shows us what [foods to eat before bed](#)

Apps



Sleep Time

This app is a smart alarm clock that analyzes your sleep and wakes you up at the perfect moment of your lightest sleep phase.



SleepPillow

Sleep Pillow provides an advanced set of high-quality ambient and relaxing sounds premixed for sleep enhancement.



White Noise Generator

Need some background noise to fall asleep? This app includes a variety of relaxing sounds to create customizable white noise and also includes a shut off timer

Websites

UC Davis Student Health and Counseling Services: Sleep

[UC Davis](#) provides resources for information and background on sleep concerns, tips for addressing them, and medical resources

National Sleep Foundation

The [National Sleep Foundation \(NSF\)](#) houses articles on various topics and research related to sleep

American Academy of Sleep Medicine

The [American Academy of Sleep Medicine \(AASM\)](#) provides sleep resources including provider fact sheets, practice guidelines, and sleep education.

Podcasts

5 Tips for Better Sleep

This [podcast](#) offers techniques for improved sleep practices along with suggestions for how to improve your sleep environment.

Sleep with Me

60-minute [episodes of stories](#) filled with tangents meant to put you to sleep.

Bedtime Relaxation

A [meditative relaxation](#) for bedtime to help you fall asleep more easily.

Best Podcast for Falling Asleep

A list of [12 podcasts](#) intentionally designed to help you relax and fall asleep easier.

Resources at UCSF

UCSF Sleep Disorders Center

Includes information about the [Sleep Disorder Center at UCSF](#), sleep hygiene tips, information about sleep disorders, and support groups.

UCSF Health

Includes information about overnight sleep studies at UCSF and conditions treated. Website also [highlights information](#) about melatonin, snoring, and an interactive sleep quiz.

Additional Resources

Nothing Much Happens

Listen to [bedtime stories for grown-ups](#). Simple in plot, these stories last 20 to 30-minute segments.

Blue Light and Sleep

Information from Harvard Medical School about the effects of [blue light](#) on sleep.