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

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

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 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

Questions?
wellnessandcommunity@ucsf.edu
415-476-2675
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.

Bedtime Relaxation
A meditative relaxation for bedtime to help you fall asleep more easily.

Sleep with Me
60-minute episodes of stories filled with tangents meant to put you to sleep.

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.