

WHY SLEEP?

Getting enough high-quality sleep helps you be your best.

Emotional regulation, social sensitivity, and empathy are more stable with adequate sleep. This can help you **FEEL BETTER, COPE WITH CHALLENGES, STRENGTHEN RELATIONSHIPS, AND SUPPORT FRIENDS.**

THE BRAIN ALSO NEEDS SLEEP FOR MEMORY AND LEARNING. Prioritizing time for sleep allows your brain to consolidate information and helps you focus, so you can be more efficient and productive in school work.

People typically need **7 – 9 HOURS OF SLEEP MOST NIGHTS** to feel rested. When tired or sick, aim for more.

HEALTHY SLEEP HABITS

ESTABLISH A RELATIVELY CONSISTENT ROUTINE: get up and go to bed around the same times, even on weekends. If sleeping in, limit to 1 – 2 hours later than normal. Getting enough sleep most nights is more effective than trying to make up lost time.

Allow 30 minutes – 1 hour before bed as **QUIET TIME TO RELAX AND UNWIND.** Stop studying and **GET AWAY FROM GADGETS** because the blue light interferes with sleep hormone, melatonin. Do something calming, like reading for pleasure or listening to music.

Short 20 – 30 minute **NAPS MID-DAY** can be helpful if prone to feeling too tired by evening. Prioritize nighttime sleep over naps, and avoid napping to procrastinate.

APPOINT YOUR BED FOR SLEEP, and use other spaces to study and socialize if possible. If studying in bed, differentiate study time by sitting on top of the covers at the foot of the bed.

HOO

KNEW?

97.6% of UVA students believe it is valuable to get the recommended amount of sleep (7–9 hours) most nights.*



WANT A COZY STUDY SPACE?

Try the Harry Potter Room in Alderman Library, the window cubbies in New Cabell, the super silent first floor of Clemons Library, or just clear off your desk.



3:00 PM

Studying or hanging out late? **TRY TO NOTICE WHEN YOU ARE NO LONGER PRODUCTIVE** or doing things you value, and allow yourself to get some sleep instead.

VISITOR 1

COORDINATING WITH YOUR ROOMMATE TO PLAN QUIET HOURS FREE OF VISITORS can help you both get needed rest. It's okay to ask your roomie for extra quiet time before something important.



Keeping up with reading and weekly studying can **HELP AVOID ALL-NIGHTERS BEFORE EXAMS.**

TROUBLESHOOTING TIPS

- 1 If you can't sleep, **TRY READING** a book until feeling drowsy.
- 2 If there's a lot on your mind, quickly **JOT DOWN THOUGHTS** to free your mind.
- 3 If noise is bothersome, **TRY WHITE NOISE** from a fan or a phone app.
- 4 **GET REGULAR EXERCISE.** If exercising in the evening, allow enough time to wind down before bed.
- 5 Spend time outside to **GET SUNLIGHT**, especially in winter.
- 6 Caffeine takes about 8 hours to leave the body. If having trouble falling asleep, consider **LIMITING TOTAL CAFFEINE INTAKE** and **AVOIDING IT AFTER LUNCH.**
- 7 Alcohol disrupts sleep. To help minimize this, **STOP ANY DRINKING EARLIER IN THE EVENING** to allow a few hours before bed.

HOO

KNEW?

UVA students underestimate how many of their peers feel well rested in the morning*

*From the Spring 2015 Health Survey with responses from 931 UVA students

MORNING LARK OR NIGHT OWL?

Planning classes, studying, and other priority activities **DURING YOUR BEST TIME OF DAY** allows you to be most efficient, which can help you get enough sleep at night.

**CHECK OUT MENTAL WELLNESS SCREENING DAY
OCTOBER 20**

If having trouble sleeping or getting enough sleep, call CAPS. They can help figure out what's going on and determine ways to improve sleep.

**COUNSELING AND PSYCHOLOGICAL SERVICES (CAPS)
(434) 243-5150**

HOOS GOT ADVICE?

"If you find you don't go to bed until late, try not to schedule your classes before 10 am."

K.O., CLAS 2017



WANT THIS POSTER FOR YOUR ROOM? FEEL FREE TO TAKE ME HOME NOV. 7-11.

GOOD NIGHT, SLEEP TIGHT

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