

SLEEPLESS IN CHARLOTTESVILLE

Each of our bodies needs a different amount of sleep, so try not to compare your sleep needs with others. It doesn't have to be a competition to see who gets more or less sleep.

FEELING RESTLESS?

Set up your ideal sleep environment to make it cozy!

- Grab a fuzzy blanket
- Spray lavender on your pillow
- Pick out some new sheets

If you're tossing and turning, do mild work in low light for at least 15 minutes...

...Try putting away some laundry or tidying up your room.

TIP!

SHORT 20-30 MINUTE
MID-DAY POWER NAPS CAN
BE BENEFCIAL.

FIND A SLEEP ROUTINE

Creating daily routines can help regulate sleep. Getting adequate sleep most nights works better than trying to make up lost sleep later. Here are some tips to feel more rested:

- Try to consistently get up and go to bed around the same time each day
- Utilize settings and apps that reduce blue light from screens a few hours before bed
- Limit caffeine after 3pm as it takes 8 hours to leave your body
- Reserve your bed for sleep - if studying in your room, differentiate your space by studying at a desk and saving your bed for sleep

REST FOR SUCCESS

Getting enough high-quality sleep helps you feel and function at your best.

Sleep...

- Allows your brain to create and sustain memory
- Increases your daily productivity and ability to focus
- Helps you communicate effectively and regulate moods
- Supports your immune system and overall health

“ Advocate for your sleep by asking your roommate for extra quiet time if needed and respect your roommate's sleep routine. ”
-L.M. '23

“ Realize when you're no longer being productive and give your body the sleep it needs. ”
- R.L. '25

RESOURCES

Counseling and Psychological Services (CAPS)
If having trouble sleeping or getting enough sleep, reach out to CAPS to determine ways to improve sleep (434) 243-5150.

SilverCloud
Access SilverCloud online 24/7 to actively engage in self-help and develop healthy coping skills for managing stress, anxiety, sleep, and depression. Check it out here:



Wahoo Well
Speak confidentially with a supportive well-being coach to create an individualized plan to deal with sleep issues. Check out Wahoo Well here:



Student Health and Wellness (SHW) Building
Explore the reflection rooms, wellness suite, and student lounge in the SHW building to take a quick mid-day nap, relax during a busy day, or read a book for pleasure.

HOO KNEW?

2/3 UVA UNDERGRADUATES SLEEP THE
RECOMMENDED 7-9 HOURS ON A TYPICAL WEEKDAY

*From the February 2022 NCHA with responses from 1046 UVA undergraduates.

Feel free to take me home April 10th!