

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. Listen to your body and what it needs.

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 reenergizing.

"Advocate for your sleep by asking your roommate for extra quiet time if needed and in return respect your roommate's sleep routine." – T.R. '24

"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 at (434) 243-5150.

WahooWell

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



TimelyCare

TimelyCare offers 24/7/365, free, on-demand counseling and mental health support sessions. To access free virtual mental health support services within minutes, via the TimelyCare app or website. studenthealth.virginia.edu/timelycare

Student Health and Wellness (SHW)

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.

Check out our wellbeing guides for additional resources:



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Designed by Emz Phan, Class of 2025

HOO? KNEW?

97% of UVA undergraduates believe it is valuable to get the recommended amount of sleep (7-9 hours a night) most nights.*

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

HOO? KNEW?

84% of UVA undergraduates get enough sleep, rest, or relaxation to feel better during challenging times.*

* From the February 2023 Spring Health Survey with responses from 1229 UVA undergraduates. Collected by Student Health and Wellness.