

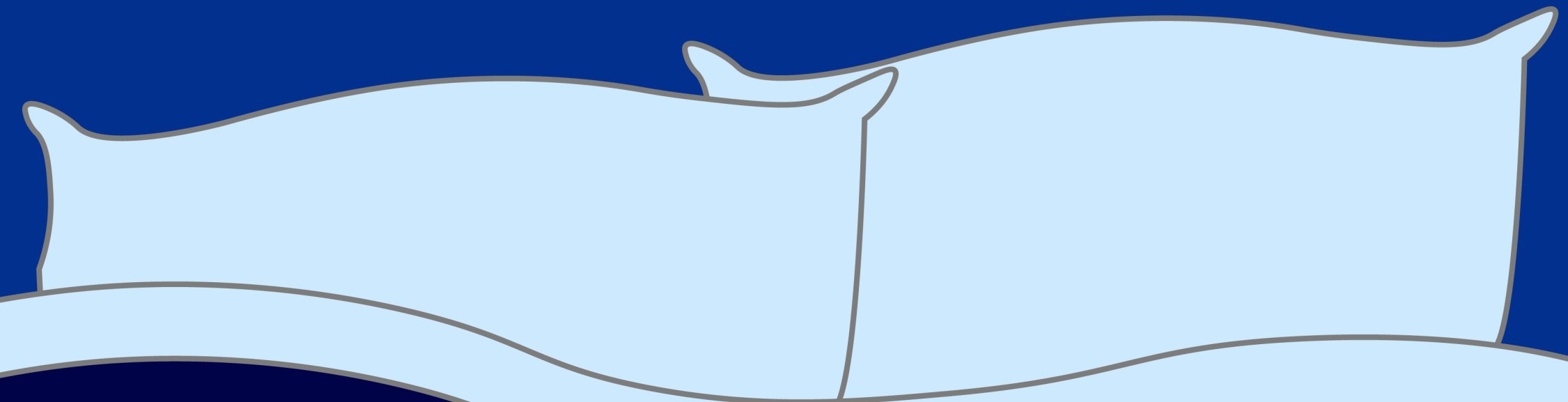
Stall Seat Journal
Volume 21, Issue 12

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Rest for Success

Healthy sleep habits help you feel and function at your best! Getting enough high-quality sleep can help you focus and study efficiently, regulate mood, and cope with stress and other challenges.

Read on to learn about sleep hygiene!



HOO KNEW?

2/3 UVA undergraduates sleep the recommended 7-9 hours on a typical weekday.*

*From the February 2020 NCHA with responses from 904 UVA undergraduates.


Consisten-ZZZ

Going to bed and waking up at a similar time each day will help you feel well-rested. Try these tips to maintain a consistent sleep schedule:

Wind down with a relaxing bedtime routine...



Dim the lights



Relax by reading or listening to music



Turn on a fan or noise machine



Feeling restless? Try jotting down your thoughts or doing a breathing exercise.

...Wake up with an energizing morning routine.



Turn on lights and open blinds



Stretch or exercise



Change out of your pajamas



Wash your face or shower



Go outside for fresh air

Rest & Recharge

Getting high-quality sleep is key to feeling well rested. Keep in mind how these factors can impact your sleep:

DIET

Fuel your body by eating a balanced diet with regular meals and snacks throughout the day. Limit alcohol, caffeine, nicotine, and sugar as they can disrupt sleep.

Regular exercise can improve sleep. If exercising in the evening, try to get your workout in at least 2-3 hours before bed.

EXERCISE

NAPS

Naps are a great way to recharge. Limit naps to 20-30-minutes and avoid taking them within 6 hours of bedtime.

Go screen-free at least 30 minutes before bedtime to clear your head.

UNPLUG

Even though it might be tempting, avoid doing online classes in bed – you’ll work and sleep better!

Setting a Sleep Schedule

Write down realistic goals, challenges to meeting them, and strategies to overcome obstacles. Forming new habits can be difficult, so if you’re struggling to meet your goals, stay committed and keep trying!

Here’s an example for how to set yourself up for success:

Sleep Goals

- Feel energized throughout the day
- Consistently fall asleep by midnight and wake up around 8:30am

Obstacles	Strategies to Overcome Obstacles
Having a lot of school work	Notice when I am no longer being productive and rest instead
Being tempted to use my phone	Charge my phone across the room so I don’t use it in bed
Having difficulty falling asleep	Do a mindful breathing exercise while I try to fall asleep
Snoozing my alarm for an hour every day	Play music as soon as my first alarm goes off to help me wake up

Try Setting Your Own Sleep Goals:

Sleep Goals

1. _____
2. _____
3. _____



Obstacles	Strategies to Overcome Obstacles
_____	_____
_____	_____
_____	_____
_____	_____