

# good night, sleep tight

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Getting enough high-quality sleep helps you feel and function at your best. Quality sleep can help you study efficiently, communicate effectively, regulate your mood, maintain healthy relationships, cope with challenges, and support friends.

## Rest for Success

Prioritizing time for sleep allows your brain to create and sustain memory. This helps you be more efficient and productive in and out of school.

## 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 on another day.

## HOO? KNEW?

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

Set a stop time for studying and shut off gadgets, allowing time to wind down before bed.

Short 20-30 minute mid-day power naps can be helpful if prone to feeling too tired by evening. Try to prioritize continuous nighttime sleep over naps.

Appoint your bed for sleep by finding other spaces to study and socialize.

## Advocate for Yourself!

Remember it's okay to ask your roommate for extra quiet time before something important! If your roommate is sleeping, be considerate of the amount of noise and light you are using. Consider using the resources below:

Utilize settings and apps that turn off blue light from gadgets off a few hours before bed to help you fall asleep.

Get personalized sleep tips based on your sleep personality profile at [sleeptostayawake.org](http://sleeptostayawake.org)

Identify strategies for successful change of alcohol or other drug use that may interfere with sleep through the confidential *WahooWell* program. [studenthealth.virginia.edu/wahoowell](http://studenthealth.virginia.edu/wahoowell)

If having trouble sleeping or getting enough sleep, *CAPS Sleep Specialist, Elaine Bailey*, can help determine ways to improve sleep. **(434) 243-5150**

## Feeling Restless?

Whether you are a morning lark or a night owl, being productive during your best time of day can help you manage your time and plan for sleep. Try these tips to feel more rested:

If there is a lot on your mind, quickly jot down your thoughts to ease your mind.

Get regular exercise. If exercising in the evening, allow enough time to wind down before bed.

Spend time outside or near windows to get sunlight, especially in the cold winter months.

Consider limiting total caffeine intake and avoid it after 3pm as it takes about 8 hours to leave the body.

Alcohol disrupts sleep and can make you feel less rested. Be cognizant of how drinking may be interfering with your sleep.

## HOO? KNEW?

84% of UVA students get enough sleep, rest, or relaxation to feel better.†

“Try to realize when you are no longer being productive and wrap up what you were doing so you can get the sleep you need.”  
- S.M. CLAS '20

Want this poster for your room? Feel free to take me home January 13th- 17th!

\*From the February 2019 Health Survey with responses from 808 UVA students

†From the February 2017 Health Survey with responses from 1,010 UVA students

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