

Good Night, Sleep Tight

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Getting enough high-quality sleep helps you feel and function your best. Quality sleep can help you study efficiently, communicate effectively, regulate 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 and helps you focus so you can be more efficient and productive in and out of school.

**HOO
knew?**

84% of UVA students get enough sleep, rest, and relaxation to feel better.*

“Working smarter, not longer, has been helpful advice for me.”
N.K., CLAS 2019

Sleep helps frame your daily and weekly routines for eating, exercising, school, and activities. People typically need 7 – 9 hours of sleep most nights to feel rested. When tired or sick, aim for more.

Coordinating with your roommate(s) to plan quiet hours free of visitors, as well as a consistent lights out bedtime, can help you both get needed rest. It is okay to ask your roommate(s) for extra quiet time before something important.

**HOO
knew?**

98% of UVA students believe it is valuable to get the recommended amount of sleep most nights.*

Find a Routine

Creating daily routines can help regulate sleep. Getting adequate sleep most nights works better than trying to make up lost time later.



Get up and go to bed around the same times each day. Limit sleeping in to 1-2 hours later than normal.

Allow 60 minutes before bed to relax and wind down. Set a stop time for studying and get away from gadgets. Do something calming, like listening to music or a podcast.



Short 20 – 30 minute mid-day naps can be helpful if prone to feeling too tired by evening. Prioritize nighttime sleep over naps.

Appoint your bed for sleep, and use other spaces to study and socialize. If studying in a dorm room, differentiate study time by sitting at a desk for homework.



Keep up with reading and weekly studying to help avoid sleep deprivation before exams.

“Lock your phone and laptop at the charging stations in library lobbies so you can study without distractions and get to bed on time.”

M.S., CLAS 2019

Troubleshooting Tips

Morning lark or night owl? Plan classes, homework, and other priorities during your best time of day. Try to notice when you are no longer productive, and allow yourself to rest instead.



If there's a lot on your mind, quickly jot down thoughts to free your head.



If noise is bothersome, try white noise from a fan or a phone app.



Get regular exercise. Twenty minutes of physical activity in the morning improves mental wellbeing throughout the day. If exercising in the evening, allow enough time to wind down before bed.



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



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



Choosing not to drink, or drinking less and finishing drinking a few hours before bed, can limit sleep disruption as alcohol disrupts sleep.

Resources

If having trouble sleeping or getting enough sleep, CAPS sleep specialist, Elaine Bailey, can help determine ways to improve sleep.

Counseling and Psychological Services (CAPS) – (434) 243-5150

Identify strategies for successful change of alcohol or other drug use that may interfere with sleep through the confidential BASICS program. www.virginia.edu/basicsprogram