

HOO KNEW?

97.6% of UVA students believe it is valuable to get the recommended amount of sleep (approximately 7-9 hours) most nights.*

Why Sleep?

Getting enough high-quality sleep can help you succeed in the ways that are important to you.

- Emotional regulation, social sensitivity, and empathy are more stable with adequate sleep. This can help you **feel better, cope with challenges, strengthen relationships, and support friends.**
- The brain needs sleep for memory and learning. Prioritizing time for adequate sleep allows your brain to consolidate information and helps you focus, so you can be **be more efficient and productive in schoolwork.**

Everyone's needs vary. Most people need **7 - 9 hours of sleep most nights** in order to feel rested and alert. When tired or sick, aim for more.



Are you a morning lark or night owl? Undertaking classes, studying, and other priority activities **during your best time of day** allows you to be most efficient.

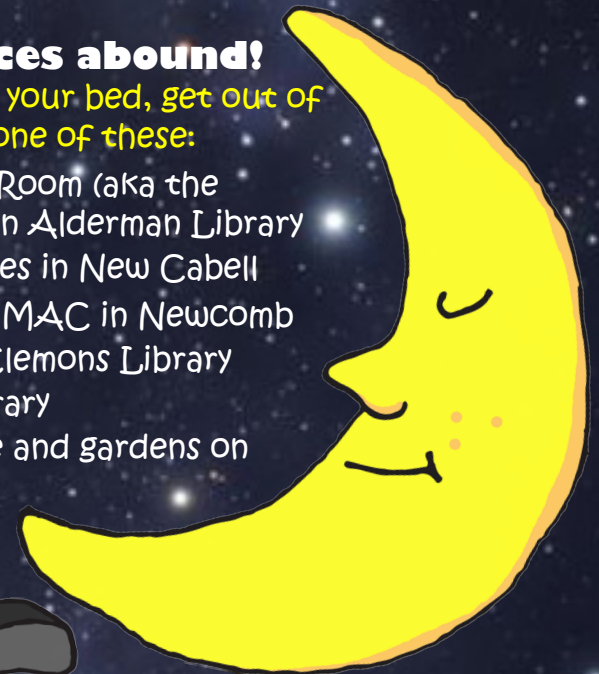
Healthy Sleep Habits

- Establish a relatively **consistent routine**: get up and go to bed around the same times, even on weekends. If sleeping in, limit yourself to 1-2 hours later than normal.
- Allow 30 minutes - 1 hour before bed as **quiet time to relax and unwind**. Stop studying and get away from gadgets. Read for pleasure, listen to music, chat with a friend, or do another calm activity you enjoy.
- Short **20 - 30 minute naps mid-day can be helpful** for someone prone to feeling too tired by the evening.
- **Use your bed for sleep**, and look for other spaces to study and socialize if possible. If using your bed for studying, differentiate awake time from sleep time by sitting on top of the covers at the other end of the bed.

Cozy study spaces abound!

Instead of studying on your bed, get out of your room in favor of one of these:

- The Harry Potter Room (aka the McGregor Room) in Alderman Library
- The window cubbies in New Cabell
- The booths in the MAC in Newcomb
- The first floor in Clemons Library
- The Pine Arts Library
- The Amphitheatre and gardens on nice days



Coordinating with your roommate to plan quiet hours for sleeping can help you both get the rest you need. It's okay to ask your roommate for extra time to sleep before a test or presentation.

If having trouble sleeping or getting enough sleep, call CAPS.

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

HOO KNEW?

UVA students feel well rested in the morning more often than you might think.*

Troubleshooting Tips

- If you can't sleep, **try reading** until you feel drowsy.
- If there's a lot on your mind, quickly **jot down thoughts** to free your brain from thinking about them.
- If noise from others is bothersome, **try white noise** from a fan or your phone.
- **Get regular exercise.** If exercising in the evening, allow enough time (a few hours) to wind down before bed.
- Spend time outside during the day to **get some sunlight**, especially in the winter.
- Caffeine takes about 8 hours to leave the body. If having trouble falling asleep, consider **limiting total caffeine intake** and **avoiding it after lunch.**
- Alcohol impacts sleep. To help minimize sleep disruption, **stop any drinking earlier in the evening** and allow a few hours before going to bed.

