



GOOD NIGHT, SLEEP TIGHT

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WHY SLEEP?

Getting enough high-quality sleep helps you succeed! Adequate sleep can help you **feel your best**, cope with challenges, strengthen relationships, and support friends. Sleep allows your brain to consolidate memory and helps you focus, so you can be **more efficient and productive** in and out of school. People typically need **7 – 9 hours of sleep** most nights to feel rested. When tired or sick, aim for more.

HOO KNEW ?

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

HEALTHY SLEEP HABITS

- ★ Establish a **consistent routine**: get up and go to bed around the same times, even on weekends. If sleeping in, limit to 1–2 hours later than normal. Getting enough sleep most nights is more effective than trying to make up lost time later.
- ★ Allow 30 minutes – 1 hour before bed as **quiet time to relax and wind down**. Stop studying and **get away from gadgets**. Do something calming, like listening to music.
- ★ A short 20 – 30 minute **nap mid-day 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 possible. If studying in a dorm room, differentiate study time by sitting at a desk or on the other end of the bed.

TROUBLESHOOTING TIPS



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



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



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



Spend time outside to get sunlight, especially in winter. Spending time in spaces with windows helps, too.



Caffeine takes about 8 hours to leave the body. If sleep is difficult, consider limiting total intake and avoiding it after lunch.



Alcohol disrupts sleep. To help minimize this, drink less, or finish any drinking a few hours before bed.

Are you a morning lark or night owl? Planning classes, studying, and other priority activities **during your best time of day** allows you to be efficient, which can help you get enough sleep at night.

Coordinating with your roommate to plan quiet hours free of visitors can help you both get needed rest. It is okay to ask your roomie for extra quiet time before something important.

Studying or hanging out late? Try to notice when you are no longer productive or doing things you value, and **allow yourself to get some sleep** instead. Keeping up with reading and weekly studying can help avoid all-nighters.

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

(434) 243-5150

Get **personalized sleep tips** based on your sleep personality profile at sleeptostayawake.org.

"Put as much thought into planning your sleep as you do planning classes and other activities." M.S., CLAS 2019

HOO KNEW ?

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

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

"Study in a place like Alderman or the Music Library. That way, when it closes at midnight, you're sure to go home and get some rest!" C.G., CLAS 2020