Each of our bodies needs a different amount of sleep, so try not to compare your sleep needs with others. It doesn’t have to be a competition to see who gets more or less sleep. Listen to your body and what it needs.

**Feeling Restless?**

- Set up your ideal sleep environment to make it cozy
  - Grab a fuzzy blanket
  - Spray lavender on your pillow
  - Pick out some new sheets
- If you’re tossing and turning, do mild work in low light for at least 15 minutes
  - Try putting away some laundry or tidying up your room
- TIP: Short 20-30 minute mid-day power naps can be reenergizing.

**Create a Sleep Routine**

- If having trouble sleeping or getting enough sleep, reach out to CAPS to determine ways to improve sleep at (434) 243-5150.

**Resources**

**Counseling and Psychological Services (CAPS)**
If having trouble sleeping or getting enough sleep, reach out to CAPS to determine ways to improve sleep at (434) 243-5150.

**WahooWell**
Speak confidentially with a supportive well-being coach to create an individualized plan to manage sleep issues. Check out WahooWell here:

**TimelyCare**
TimelyCare offers 24/7/365, free, on-demand counseling and mental health support sessions. To access free virtual mental health support within minutes, via the TimelyCare app or website: studenthealth.virginia.edu/timelycare

**Student Health and Wellness (SHW)**
Explore the reflection rooms, wellness suite, and student lounge in the SHW building to take a quick mid-day nap, relax during a busy day, or read a book for pleasure.

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“Advocate for your sleep by asking your roommate for extra quiet time if needed and in return respect your roommate’s sleep routine.” – T.R. ‘24

“Realize when you’re no longer being productive and give your body the sleep it needs.” – R.L. ‘25

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

Creating daily routines can help regulate sleep. Getting adequate sleep most nights works better than trying to make up lost sleep later. Here are some tips to feel more rested:

* Try to consistently get up and go to bed around the same time each day
* Utilize settings and apps that reduce blue light from screens a few hours before bed
* Limit caffeine after 3pm as it takes 8 hours to leave your body
* Reserve your bed for sleep - if studying in your room, differentiate your space by studying at a desk and saving your bed for sleep

Getting enough high-quality sleep helps you feel and function at your best. Sleep...

* Allows your brain to create and sustain memory
* Increases your daily productivity and ability to focus
* Helps you communicate effectively and regulate moods
* Supports your immune system and overall health

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

* From the February 2023 Spring Health Survey with responses from 1229 UVA undergraduates. Collected by Student Health and Wellness.