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.

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.

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

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.

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!

Follow us on Instagram @StallSeatJournal_UVA!
Talk to us at StallSeatJournal@virginia.edu!

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

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

*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