WHY IS SLEEP IMPORTANT TO ACADEMIC PERFORMANCE?

Sleep is essential to academic success. Sleep affects your brain, emotional functioning, health, and safety.

Insufficient sleep can cause stress, difficulty concentrating, and the inability to accomplish daily tasks. Sleep deprivation can impair memory, learning and logical reasoning, leading to mistakes at school or work and exacerbating minor irritations. Not sleeping can negatively impact personal relationships.

DO

• Try to sleep to a fixed time daily for waking.
• Remove tablets and smartphones from your bedroom. Turn alarms away from the bed.
• If you wake up at night, relax in bed for a while. If necessary, get up and do a quiet activity until you’re ready to go back to sleep.
• Complete workouts hours before bedtime.
• Limit caffeine, alcohol, smoking, heavy/spicy food, as all can interfere with sleep quality.
• Reserve your bed for sleeping and sex.
• Make sure your room is dark, quiet, and cool.
• Try muscle relaxation, meditation, and/or sleep breathing techniques.

DON’T

• Go to bed unless you are tired. Delay your bedtime until you are ready to fall asleep.
• Read, watch TV, eat, study, use your tablet or smartphone in bed.
• Stay in bed if aren’t asleep after 30 minutes. Get up and do something relaxing until you feel tired.
• Exercise close to bedtime.
• Drink caffeinated beverages after dinner.
• Take naps in the late afternoon or evening for more than 30 minutes at any time.
• Eat a large meal right before bedtime.

WHEN TO SEEK PROFESSIONAL HELP

Try the above advice for a week before giving up. If you still can’t fall asleep or stay asleep, despite these efforts, you may need professional help. CALL OR STOP BY CAPS.

ARE SLEEP ISSUES A PROBLEM IN YOUR LIFE?

• Do you feel sleepy throughout the day?
• Do you take naps consistently in the week?
• Do you repeatedly have difficulty waking up?
• Do you have ongoing difficulties staying awake during lectures?
• Do you typically feel tired and lethargic?