Sleeping and Napping

- Below are themed slides to promote healthy choices for all student residents.
- Slides can be mixed and matched to create multiple bulletin board displays.
- Final slides in this file give ideas for bulletin board displays.
- Slides were specifically developed to promote fact-checked information and files are not available for open edits.
Sleeping is ESSENTIAL
And is Closely Linked to Academic Success

What Happens When You Sleep

1. Memories are stored (necessary for learning)
2. Our ability to concentrate and pay attention is restored
3. Muscles repair and recover
4. We maintain better mental health
5. Our metabolism is regulated

What Happens When You Don’t Sleep

1. Our emotions are heightened, causing irritability, anger, and anxiety
2. Reaction time is slowed and more accidents occur
3. We have impaired judgment and concentration
4. Changes in appetite
5. Feel tired or lacking in energy
Experts Recommend

7 hours to

9 hours

Of Sleep Every Night
Only 2.4% of UT students said they were well-rested every day of the week.

Number of days out of week felt well rested:
- 7 days: 2.4%
- 6 days: 6.1%
- 5 days: 15.3%
- 4 days: 15.7%
- 3 days: 18.5%
- 2 days: 19.5%
- 1 day: 13.4%
- 0 days: 9.2%
**Common “Misconceptions” About Sleep**

**Caffeine and other stimulants help me study, but it won't affect my sleep**

Stimulants may help you stay awake or alert, but the substances stay in your body long after that initial jolt.

If you drink a 12 oz. soda at 7pm, 50% of the caffeine will still be in your system at 11pm.

**Alcohol will help me sleep**

Alcohol disrupts your sleep cycle and increases the number of times you wake up.

Passing out is NOT the same as going to sleep.

**If I sleep, I miss out on study time**

Planning ahead can help you avoid all-nighters.

Getting 8 hours of sleep has been shown in studies to be more beneficial to your GPA than staying up all night to study.

Visit the Sanger Learning Center for help with time management.

**I can "catch up" on sleep on weekends**

Try to keep your weekend wake time within an hour or two of your weekday wake time.

A regular sleep schedule maintains your body's internal clock and help you fall asleep and wake up easier.
<table>
<thead>
<tr>
<th><strong>A</strong>void or minimize use of stimulants and depressants such as caffeine or alcohol</th>
<th><strong>E</strong>xercise regularly</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>B</strong>edtime routines should be regular</td>
<td><strong>F</strong>riends can wait—you don’t have to stay up if you don’t want to</td>
</tr>
<tr>
<td><strong>C</strong>ue your body to sleep with a dark, comfortable, and quiet sleep environment</td>
<td><strong>G</strong>et 7-9 hours per night, though 20-minute naps during the day can keep you refreshed</td>
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<tr>
<td><strong>D</strong>on’t stay in bed tossing and turning—try a relaxing activity like yoga before returning to bed</td>
<td><strong>H</strong>ydrate with 64oz of fluids and incorporate a variety of foods every day</td>
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</tbody>
</table>
Should I seek help?

See a healthcare provider if you experience any of the following problems:

- Your sleep problems interfere with school, work, or relationships with friends or family
- You rely on sleep aids or alcohol to make you sleep or on amphetamines or stimulants to keep you alert
- You have depression, chronic anxiety, pain, a change in medication, or any other condition that may affect your sleep
- You snore heavily or stop breathing at intervals during the night, often starting again with a gasp. If your roommate, spouse, or partner complains about your snoring, tell your healthcare provider
Napping can help you make up for lost sleep and improve your cognitive function, mood, and memory.
Benefits of Napping

- Increased Alertness and Focus
- More Energy Throughout the Day
- Decreased Moodiness
- Increased Motor Performance

Like Reaction Time
Can't fall asleep?
Write the word "yawn" on a piece of paper 10 times and read it

If insomnia is an issue for you...
Keep a sleep diary for two weeks to help identify what prevents you from getting restful sleep

Schedule time for short naps
Between classes or study sessions
Stretch before and after a nap
It will help you feel better all day

Security
Use your backpack as a pillow and make sure nothing valuable is out
Healthyhorns Nap Map

This map has the best napping spots on campus, voted on by UT students!

Remember to use caution when picking a nap spot and always keep your belongings with you.

http://goo.gl/iyQvdL
Quick Tip

Try limiting power naps to **20-30 minutes** to avoid interrupting a 90-minute sleep cycle

Naps **early in the afternoon** are best to avoid interrupting your night sleep cycle

Get more [SLEEP TIPS](http://healthyhorns.utexas.edu) at healthyhorns.utexas.edu
Check Us Out!
Health Promotion Resource Center
University Health Services
SSB 1.106  512-475-8252

• Find relevant, up-to-date information about health and wellness
• Check out a book, pamphlet, or DVD from our user-friendly lending library
• Take classes and workshops on a wide variety of topics including alcohol and other drugs, contraception, healthy eating, and sleep.
Having Trouble Sleeping?

Experts Recommend

7 hours

To

9 hours

Of Sleep Every Night

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What Happens During Sleep
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4. Better maintenance of mental health
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What Happens When You Don’t Sleep
1. Emotions are heightened, causing irritability, anger, and anxiety
2. Reaction time is slowed and more accidents occur
3. Impaired judgment and concentration
4. Changes in appetite
5. Feeling tired or lacking in energy

The ABC’s of Catching ZZZ’s

A - avoid or minimize use of stimulants and depressants such as caffeine or alcohol
B - bedtime routines should be regular
C - create a body, sleep with a dark, comfortable, and quiet sleep environment
D - don’t stay in bed too long and get moving activity like going on a relaxing activity like yoga before returning to bed
E - exercise regularly
F - friends are social - don’t have to stay up if you don’t want to
G - get 8 hours per night, though 20-minute naps during the day can keep you refreshed
H - eat with 3-4 oz. of fluids and incorporate a variety of meals every day

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Number of days out of week felt well rested

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Campus Resources

University Health Services
SSB 512-475-6877
healthyhorns.utexas.edu

Health Promotion Resource Center
SSB 1.106
512-475-8252

counseling.utexas.edu

Common “Misconceptions” About Sleep

- Caffeine and other stimulants help me study, but it won’t affect my sleep
- Alcohol helps me sleep
- Alcohol disrupts your sleep cycle and increases the number of times you wake up
- If you drink a 12 oz. soda at 7 pm, 50% of the caffeine will still be in your system at 11 pm
- Passing out is not the same as going to sleep
- Sleep cuts into my study time
- Planning ahead can help you avoid waketimes
- Getting 8 hours of sleep has been shown to improve beneficial to your GPA than staying up all night to study
- Weekends are for catching up on sleep
- Try to keep your weekend waketime within an hour or two of your weekday waketime
- A regular sleep schedule maintains your body’s internal clock and helps you fall asleep and wake up easier

Visit the Student Wellness Center for help with time management.
Benefits of Napping:
- Increased Alertness and Focus
- More Energy Throughout the Day
- Decreased Moodiness
- Increased Motor Performance

Need some Zzzz's?

Healthyhorns Nap Map
This map has the best napping spots on campus, voted on by UT students.
Remember to use caution when picking a nap spot and always keep your belongings with you.

http://goo.gl/zy2vhl

Quick Tip
Try limiting power naps to 20-30 minutes to avoid disrupting a 90-minute sleep cycle.
Naps early in the afternoon are best to avoid interrupting your night sleep cycle.

Get more SLEEP TIPS at healthyhorns.utexas.edu

Napping can help you make up for lost sleep and improve your cognitive function, mood, and memory.

Napping Tips
- Schedule time for short naps between classes or study sessions.
- Stretch before and after a nap. It will help you feel better all day.
- If insomnia is an issue for you... Keep a sleep diary for two weeks to help identify what prevents you from getting restful sleep.
- Can't fall asleep? Write the word "yawn" on a piece of paper 10 times and read it.
- Security: Use your backpack as a pillow and make sure nothing valuable is out.

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- University Health Services
  SSB 512-475-6877
  healthyhorns.utexas.edu
- Health Promotion Resource Center
  SSB 1.106 512-475-8252
- Counseling and Mental Health Center
  SSB 5th Floor 512-471-3515
cmhc.utexas.edu