Why should you nap?

- While sleeping at least 7-9 hours a night is highly recommended, **short, 20 - 30 minute naps between 1-4 p.m. are a beneficial supplement** to keep you going through the day!

Naps increase:

 immune functioning

 focus

 alertness

 motor ability

 energy levels

 mood

Napping tips:

- **Keep naps short and sweet.** A 20-30 minute power nap can renew attention span and refresh the body. Long naps can disrupt your ability to get restful sleep later. Set your cell phone alarm to wake yourself up.

- **Aim for early afternoon.** Try napping between 1-4 p.m., so it doesn't impact your ability to fall asleep at night.

- **Schedule time for naps,** such as between classes or mid-way through a study session.

- **Security.** If you are napping somewhere other than your room, try using your backpack as a pillow. Make sure nothing valuable is sitting out. Wrapping your arms around your backpack can also be comfortable for a quick nap.

- **Stretch** before and after your nap. It will help you feel better all day.

Resources

- **Longhorn Wellness Center (LWC)**
  healthyhorns.utexas.edu

- **Counseling and Mental Health Center (CMHC)**
  cmhc.utexas.edu

- **University Health Services (UHS)**
  healthyhorns.utexas.edu

- **Sanger Learning Center**
  ugs.utexas.edu/slc

- **National Sleep Foundation**
  sleepfoundation.org

For more information, search for "napping" at healthyhorns.utexas.edu.

Nap Map

healthy horns sleep

TEXAS
The University of Texas at Austin

The University of Texas at Austin
Longhorn Wellness Center
Counseling and Mental Health Center & University Health Services

Where should you nap?

Accessibility:
A high accessibility score indicates that the space is very accessible.

Comfort:
A high score indicates a very comfortable environment.

Crowd Activity:
A high crowd activity rating means that the space is almost never crowded.

Noise:
A high noise rating indicates a quiet location.

LOCATION	ACCESSIBILITY	COMFORT	ACTIVITY	NOISE
DFA	4	4	4	5
FAC	4	4	4	1
GDC	5	5	4	3
JES	5	5	3	1
KIN	4	5	2	5
MAI	4	5	5	5
NHB	4	5	5	5
PCL	5	4	4	1
PHR	4	2	3	5
POND	5	4	3	5
RLM	4	2	1	3
RLP	5	4	5	4
RRH	5	3	5	5
SJH	2	4	5	5
SOUTH LAWN	5	4	4	3
SRH	5	3	5	5
SSB	5	4	4	4
SZB	5	4	4	4
UNB	5	4	3	5
WCP	4	5	4	3
WIN	4	2	2	3

Legend

sleep — Rated Nap Spot

— Longhorn Wellness Center

— Littlefield Fountain

— UT Tower