**Keep Calm and Sleep Strong**

Also, I could finally sleep. And this was the real gift, because when you cannot sleep, you cannot get yourself out of the ditch—there is not a chance.” — Elizabeth Gilbert, Eat, Pray, Love

**The Importance of Sleep**

Sleep plays a vital role in helping keep good health and mental well-being throughout our lives. Lack of sleep can also affect how well we think, react, learn, work, and how we interact with others.

For college students, research indicated that for every hour of lost total average sleep, there was a reduction in end-of-term GPA by 0.07.

**How much sleep do you need?**

For traditional college aged populations, the recommended sleep hours are between **7-9 hours** based on research.

**What factors negatively impact falling and staying asleep?**

* Screen light from electronic devices
* Caffeine
* Nicotine
* Alcohol
* Diet
* Stress

How to improve your sleep quality?

* Allow yourself enough time to fall asleep
* Adjust your sleep cycle by gradually setting earlier bedtimes
* Expose yourself to bright light and freshen up with cold water to help wake up
* Exercise regularly, but not close to bedtime
* Try to take a warm bath, set a calming routine before going to sleep
* Plan and study ahead for exams and do not cram in the last minute
* Make time for 7-9 hours of sleep every day and find a friend who can help you stay accountable.

# **Adapted from the works of:**

# **Creswell et. al. Nightly sleep duration predicts grade point average in the first year of college.**

**Hirshkowitz** **et. al. National Sleep Foundation's updated sleep duration recommendations: final report. Sleep Health. 2015**

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