

# 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.



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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