The science of sleep:

- Sleep occurs in cycles.
- The more continuous sleep you get in a night, the more benefits you receive.
- Most college students need 7-9 hours of sleep every night.
- During slow wave sleep (SWS), your physical body rests and is restored.
- During rapid eye movement (REM) sleep, memories are consolidated via the formation of new neural connections, and human growth hormone is released.
It’s good for your brain (especially your GPA).

• You might think that sleep is optional or a luxury, but in reality it’s one of the most important things you need to succeed academically.

• During sleep your brain actively works to strengthen memory circuits. It also helps prioritize, reorganize, and consolidate the information and skills you learned that day. This means you will have:
  • Increased ability to concentrate
  • Improved recall of information
  • Better performance of new skills
And it’s good for your body.

- Sleep restores the body, supports **immune system functioning**, aids in **muscle growth & repair**, and improves reaction time.

- Numerous studies have shown that quality sleep is protective against **colds and flu**.

- **Chronic health conditions** are better managed with quality sleep.

- Your **emotional health** is strengthened with sleep. Regular sleep builds your resilience and helps you react better to stress.
Prioritize sleep.

- Create a **weekly routine** including time for classes, work, clubs, meals, socializing, relaxing, and sleep.
- Think about your **school day like a work day** and use breaks in-between classes for academic work.
- Be sure to **save time for fun too!**
- Set and keep a **regular sleep schedule**, aiming for 7-9 hours per night.
LET’S CU SLEEP!

To learn more and find support:

Cornell Health
health.cornell.edu
607-255-5155
Set the mood for slumber.

- **Limit screens** 30-60 minutes before bedtime:
  - Screen light $\rightarrow$ Decreased melatonin $\rightarrow$ Increased wakefulness.
  - Use f.lux, Night Shift, etc. to shift the spectrum of your screen lights.
- **Create a relax & wind down routine:**
  - Try writing things down that you’re worried about or grateful for, taking a warm shower, or reading a book for fun.
- Avoid exercising or napping close to bedtime.
- Caffeine, alcohol, marijuana, and other drugs impair sleep.
Set the stage for sleep.

• Keep your room **quiet, dark, and cool**.

• Try using earplugs, white noise machines, blackout curtains, sleeping masks, and fans.

• Talk with your **roommates or housemates** so you can create a sleep haven that works for everyone.
Maintain your sleep haven.

• Only sleep or do other relaxing activities while in bed.
• If you can’t fall asleep, leave your bed and do something relaxing until you feel sleepy.
• Set and keep a regular sleep schedule.
Power up with power naps.

20-30 minute afternoon power naps can boost alertness and cognitive functioning, while reducing overall stress.

• The short duration of a power nap is designed to prevent you from entering a normal sleep cycle without being able to complete it.

• Set an alarm on your phone to catch a restorative 20-30 minute power nap.