Getting enough sleep enhances academic performance, helps reduce stress, and supports good health.

To be at your best, get some rest!

**How much sleep is enough?**
Between 7 and 9 hours a night.

**How will sleep help with tomorrow’s exam?**
Sleep is a memory enhancer—it boosts recall of what you just studied.

**How can sleep help with studying or writing a paper?**
If you can’t focus on your books, set an alarm and take a nap:
Just 10 to 20 minutes is ideal for a quick refresher.

If you’re having trouble sleeping at night...

- **Reserve your bed for sleep or sex**
  Don’t multi-task, email, text, or study there.

- **Don’t spend too much time in bed**
  If you’re having a hard time falling asleep, spending too much time trying will only frustrate you.

- **Establish a regular schedule**
  Getting up at a consistent time is more important than going to bed at the same time.

- **Avoid alcohol and caffeine**
  Especially within a few hours of bedtime — caffeine has a half-life of four to seven hours.

- **Establish a bedtime routine**
  Doing the same thing every night helps your mind check out earlier in the process, which smoothes the transition to sleep.

- **Exercise regularly**
  Simply stretching before bed helps and doesn’t risk raising your metabolism too much.

- **Avoid sleeping pills**
  Or only use them briefly and judiciously.

**Additional Resources**

- [How to Get a Good Night’s Sleep](http://www.uhs.wisc.edu/videos/) (video by UHS)
- [Relaxation audio files](http://www.uhs.wisc.edu/relax) (downloadable MP3s by UHS)