

THE SLEEP PERFORMANCE connection

COUNSELING AND PSYCHOLOGICAL SERVICES
UNIVERSITY of PENNSYLVANIA

215-898-7021

(including nights/weekends to reach CAPS counselor on call)

3624 MARKET STREET, FIRST FLOOR WEST
Philadelphia, PA 19104

MON | FRI 9 am - 5 pm
TUES | WED | THURS 9 am - 7 pm
SAT 10 am - 3 pm
www.vpul.upenn.edu/caps



WHY IS SLEEP IMPORTANT TO ACADEMIC PERFORMANCE?

Sleep is essential to academic success. Sleep affects your brain, emotional functioning, health, and safety.

Insufficient sleep can cause stress, difficulty concentrating, and the inability to accomplish daily tasks. Sleep deprivation can impair memory, learning and logical reasoning, leading to mistakes at school or work and overreacting to minor irritations. Not sleeping can negatively impact personal relationships.

CAFFEINE, ALCOHOL, AND SLEEP

Caffeine, stress, alcohol, and drugs interfere with your ability to fall asleep and stay asleep.

Caffeine is a stimulant (found in soda, tea, chocolate and some prescription medications), which can make you jittery and disturb your ability to fall asleep even hours after consumption.

People think of alcohol as relaxing, but it inhibits cognitive and physical performance. Alcohol interrupts the deepest sleep cycles, REM sleep, which is when our bodies regenerate.

TIPS FOR A GOOD NIGHT'S SLEEP

DO

- Try to keep to a fixed time daily for waking.
- Remove tablets and smartphones from your bedroom. Turn alarms away from the bed.
- If you wake up at night, relax in bed for a while. If necessary, get up and do a quiet activity until you're ready to go back to sleep.
- Complete workouts hours before bedtime.
- Limit caffeine, alcohol, smoking, heavy/spicy food, as all can interfere with sleep quality.
- Reserve your bed for sleeping and sex.
- Make sure your room is dark, quiet, and cool.
- Try muscle relaxation, meditation, and/or deep breathing techniques.

DON'T

- Go to sleep unless you are tired. Delay your bedtime until you are ready to fall asleep.
- Read, watch TV, eat, study, use your tablet or smartphone in bed.
- Stay in bed if aren't asleep after 30 minutes. Get up and do something relaxing until you feel tired.
- Exercise close to bedtime.
- Drink caffeinated beverages after dinner.
- Take naps in the late afternoon or evening or for more than 30 minutes at any time.
- Eat a large meal right before bedtime.

WHEN TO SEEK PROFESSIONAL HELP

Try the above advice for a week before giving up. If you still can't fall asleep or stay asleep, despite these efforts, you may need professional help. CALL OR STOP BY CAPS.

SLEEP PROBLEMS

Reasons for poor sleep include inadequate environment (mattress comfort, light, room temperature), medical problems (such as sleep apnea) and psychological problems (including depression and anxiety). Shifts in circadian rhythms also affect sleep.

Sleep needs differ per person. On average, a healthy adult needs approximately 8 hours of sleep each night, which can be challenging for college students.

Most college students have erratic schedules, go to sleep late and wake up late, disrupting the normal sleep cycle. Students also report using weekends to "make up" for sleep lost during the week. These disruptions can impair academic performance.

ARE SLEEP ISSUES A PROBLEM in your life?

- DO YOU FEEL SLEEPY THROUGHOUT THE DAY?
- DO YOU TAKE NAPS CONSISTENTLY IN THE WEEK?
- DO YOU REPEATEDLY HAVE DIFFICULTY WAKING UP?
- DO YOU HAVE ONGOING DIFFICULTIES STAYING AWAKE DURING LECTURES?
- DO YOU TYPICALLY FEEL TIRED AND LETHARGIC?

Penn RESOURCES

CAPS
(including nights/weekends to reach CAPS counselor on call)
215-898-7021

OFFICE OF THE CHAPLAIN
215-898-8456

HELP LINE
215-898-HELP (4357)

RAP LINE
(Reach A Peer, 9PM - 1AM)
215-573-2RAP (2727)

SPECIAL SERVICES
215-898-6600

STUDENT HEALTH SERVICE
215-746-3535

OFFICE OF THE VICE PROVOST FOR
UNIVERSITY LIFE/
STUDENT INTERVENTION SERVICES
215-898-6081

WEINGARTEN LEARNING
RESOURCES CENTER
215-573-9235

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