

# Sleep and Academic Success



## Summary

Learn how to improve your sleep and academic performance from Claire, a Wellness Centre Navigator and Jin, a PhD student in Health Psychology.



## Student life and impacts on sleep

- Social jetlag results from sleeping at different times on workdays than on weekends or free days.
- Stress from responsibilities (work, academic, personal, social life) impacts sleep.



## Does sleep affect academic performance?

- Sleep consistency is linked with higher grades.
- When sleep deprived, you might have less memory, retention, attention span and ability to handle stress.
- One night of good or bad sleep is not enough to affect your overall academic performance.



## Practices to facilitate better sleep/wellness:

- Maintain a consistent sleep schedule.
- Set boundaries: be selective with commitments and take breaks.
- Avoid having big meals, doing intense exercises, using electronic devices and consuming caffeine before bed.
- The ideal number of hours of sleep varies per person.

## Recommended Resources

- UBC Wellness Centre Online (Canvas)
- UBC Wellness Centre
- Thrive 5 at UBC -> Thrive by Sleeping Soundly at UBC
- 'Why We Sleep' - Matthew Walker
- 'Sleep Solution' - Chris Winter

