

Sleep and Academics

Chapman Learning Commons



Questions to Consider

1. Are you attaching your self-worth to productivity?
2. Do you think it is worth it to sacrifice your sleep for academic or social connection?
3. What is the root of our society's understanding of laziness and productivity? How is sleep related/unrelated to these perceptions?
4. When do I prioritize work over sleep, and vice versa?
5. How might a lack of sleep impact my academic or professional success?

Summary: How do students address these challenges?

- 1. Our perceptions are affected by societal factors**
 - a. Social misconceptions surrounding sleep: We might think that sleep relates to idleness, unproductivity, or laziness.
- 2. Sleep is personal, complicated and important**
 - a. It is common: many young adults in university struggle with sleep.
 - b. Sleep is related to physical health (as well as mental health).
 - c. We are the owners of our time and schedule.
- 3. Continuously explore your sleep habits and schedule**
 - a. Connect with resources, and reflect on your relationship with sleep.
 - b. Follow your ideal schedule for 7 days. Evaluate it based on your needs.
 - c. Ways to optimize sleep: calm activities before sleeping (meditation, no screens)

Key Resources

[Sleep for Success](#): Learn more about the importance of sleep and how to get better at it.

[Sleep, Exercise and Balance: Part I](#): Introducing the science behind the importance of sleep.

[Wellness Centre](#): Peer-hosted space offering various wellbeing programs to students.

[Sleep and Academic Success](#): Toolkit available on our website.

