Sleep tips

1. Choose a time when you normally feel tired, set a regular bedtime, and wake up at the same time every day! Be smart about napping too.

2. Evaluate your room; conducive sleep environments should be cool, free from noise and distractions. Use your bed for sleeping, not studying!

3. Include physical activity in your daily routine. Exercising close to bedtime might energize you, so plan your workouts accordingly.

4. Pay attention to what you eat and drink, avoiding alcohol, caffeine, and cigarettes in the evening. Don’t go to bed too hungry or too full either.

5. Wind down with calming activities (i.e. warm showers, reading), allowing your body to shift into sleep mode.

6. If you can’t fall asleep within 15~20 minutes, leave your bed, and do something relaxing until sleepiness kicks in.

Test your knowledge

True or False Quiz

1. Students who don’t get enough sleep, on average, earn lower grades than students who get sufficient sleep.

2. During sleep, your brain rests.

3. Sleeping just one hour less a night can prevent you from learning or functioning normally.

4. Resting in bed with your eyes closed cannot satisfy your body’s need for sleep.

5. The older you get, the fewer hours of sleep you need.

6. No matter how sleepy you are, you can force yourself to stay awake.

7. Everyone dreams at night.

A guide to improving your knowledge and quality of sleep!

For more information, resources, and references, visit the Health Education tab of the Yale-NUS Health and Wellness webpage.
Sleep deprivation has been shown to affect memory function. Sleep continuity is therefore essential for memory consolidation.

Disturbed circadian rhythm in humans has been associated with mental and physical disorders, negatively impacting work performance and productivity.

Even partial sleep loss significantly affects the resiliency of human stress responses.

Feelings of depression are closely related to sleep deprivation.

Poor sleep is associated with weakened immune and physiological health.

There is a strong correlation between sleep deprivation and weight gain.

You'll understand, perform, and learn better in an academic environment. Assignments will feel easier, as your brain requires sleep to consolidate information!

You'll be more creative, focused, and alert throughout daily activities.

Stressful life events will seem easier to deal with.

Your mood will be more upbeat and energy levels will be higher.

Communication and relationship quality will also improve.

You'll feel healthier and your body will be better equipped to prevent and fight off illness.

One of the keys to thriving in college is time management. Getting proper sleep makes you more productive, study more effectively, and maintain physical and emotional well-being.

Just because you’re able to endure sleep deprivation doesn’t mean it’s a good idea. If you think pulling all-nighters is sustainable, you are either a rare exception or need to hone your time management.

The question you should ask yourself is: “How can I thrive academically, socially, and personally at Yale-NUS while also taking care of my well-being?”

“It’s not the number of hours of sleep you get, but whether you feel rested and alert the next day!” —Yale-NUS psychologist Joel Yang