During sleep, the body undergoes restorative processes necessary for promoting optimal physical, mental and psychological well-being. Inadequate sleep depletes your body of essential maintenance and repair, resulting in:

- Weakened immune function
- Poor memory and judgment
- Fatigue or exhaustion
- Increased risk of accidents
- Sadness, irritability or anger

Chronic sleep deprivation may contribute to high blood pressure, obesity and diabetes.

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**Did you know?**

- 57.9% of University of Iowa students feel tired or sleepy during the day at least 3 days a week.
- Only 11.8% of students report NO problem with sleepiness during daily activities.
- 31.7% of students report sleep difficulties as a top stressor.

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**Are you gonna nap or nah?**

Napping for longer than one hour or napping late in the evening can disrupt circadian clock timing. If you like to nap, try to do it for an hour or less and get it in the afternoon before 5:00 PM. The best time to nap is 7 to 9 hours after your morning wake-up time.

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**Steps to sweet dream success:**

- Stop studying at least 30 minutes before you go to bed.
- Avoid caffeine after 4 PM.
- Turn the face of your clock away from your bed.
- Avoid alcohol and large meals before bedtime. If you are hungry, have a light snack of carbohydrates such as popcorn, whole grain crackers, or a piece of fruit.
- Avoid screen time in bed: TV, computer, phone, etc.
- Exercise regularly, but avoid moderate or vigorous exercise within 2-3 hours of bedtime.
- Save your bed for sleep and sex.
- Make sure your bed and bedroom are quiet and comfortable.
- Try a relaxation technique such as deep breathing, meditation, progressive muscle relaxation, mindfulness, or body scanning exercises.