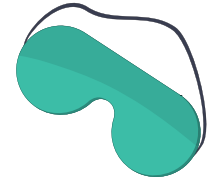




## SLEEP WELL INITIATIVE

# NAPS!



Naps are a healthy part of college life. Continuous sleep is better, but 8.5 hours is not always realistic. Naps can be a good option as long as they don't disturb your sleep at night.

Tip: the best time to nap is between 1-3 pm

10-30 MINUTE NAP:  
helps with alertness,  
concentration, and  
motor skill  
coordination. Can try  
with a cup of coffee  
first for a real boost

Cons: none!

60 MINUTE NAP:  
helps with memory  
and creativity

Cons: you may feel groggy when  
you wake up

90 MINUTE NAP:  
makes up sleep debt.  
Helps with energy,  
creativity, alertness,  
and skill-building  
memory

Cons: this may mess up your sleep  
at night