



# SLEEP ADVICE FOR STUDENTS

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## **HERE ARE SOME SLIP ADVICES**

### **Sleep during learning is the sleep that matters most!**

- Getting a good night's sleep the night **before learning** is crucial for your ability to learn and make new memories.
- Getting a good night's sleep the night **after learning** is essential for recalling what you learned.
- Getting relatively consistent amounts of sleep each night you **do better** than having greater variations from one night to the next. (There was no improvement in scores for those who made sure to get a good night's sleep right before a big test).

You could also take short 20-minute naps in between study sessions to filter out useless information and, simultaneously, create more room in your hippocampus to learn more

If you want to improve your ability to learn and memorize information, you should make sure you're getting enough sleep, between 7 and 9 hours.

Enough sleep, filters out important information from non-important information, strengthens important memories and discards unimportant ones.

If you want to improve your memory retention and recall, make sure you go to sleep at a reasonable hour each night and keep a consistent sleep schedule.

Going to sleep later than usual can seriously disrupt your deep sleep, hurt your memory retention, and negatively affect the transfer of memories.

Rapid Eye Movement (REM) sleep which is the kind of sleep with dreams, helps you build associations from what you've learned, which assists with creative thinking and problem-solving.

### **Do NOT sacrifice your sleep in order to study!**

- Invest in a sleep mask and earplugs (or sleep headphones) to block light and noise while you're trying to fall asleep.

- Invest in a pair of anti-blue light glasses for the nights when you're studying or doing homework on your computer past 8 pm.
- Invest in a sleep tracker. Sleep trackers not only help you evaluate the quality of sleep you're getting, but they also help you prioritize your sleep as you aim for higher sleep scores.

Go to sleep at a reasonable hour - between 10 pm and 12 am

**Set a consistent sleep schedule!**

- Limit caffeine intake (including energy drinks) after 3 pm.
- Alcohol consumption completely blocks REM sleep.
- Try natural sleep solutions to reduce anxiety and insomnia. Some ideas include natural sleep supplements, herbal infusions, or essential oils.