



Famous nappers through history...

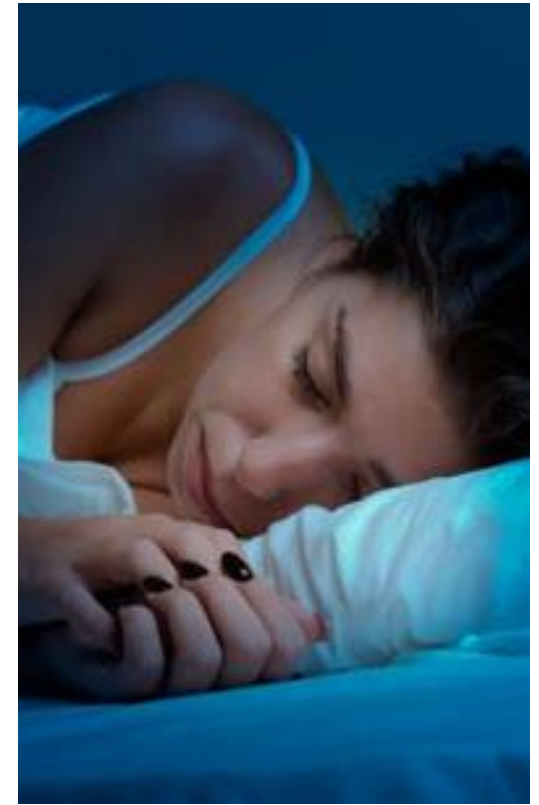
- John D. Rockefeller
- Leonardo DaVinci
- Thomas Edison
- Eleanor Roosevelt

You can boost your memory and mood with a 20 minute nap... Find a nap spot on campus today!

Resources...

Center for Student Development(CSD)

- Health Services:
401-254-3156
- Counseling Center:
401-254-3124
- Health Education:
401-254-3413



Do you get enough sleep?



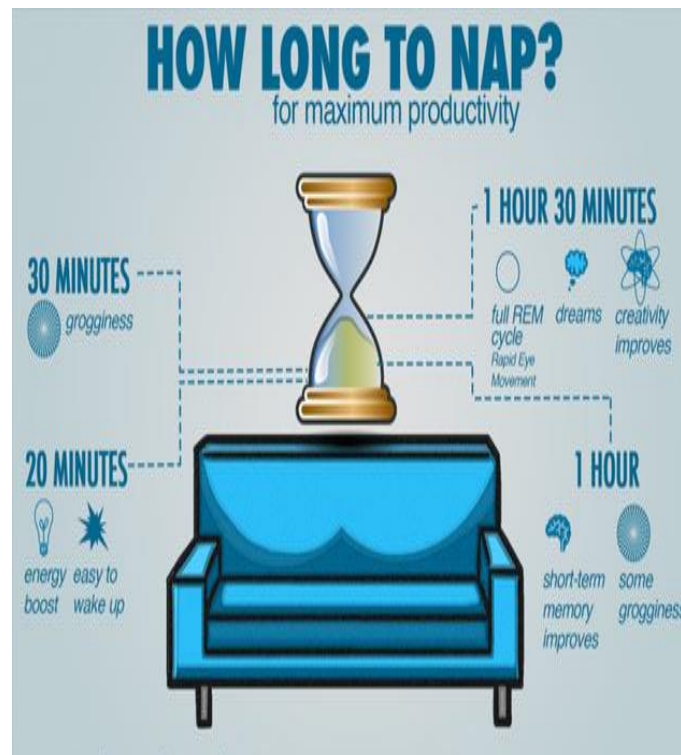
- ❖ Research shows that **8 hours** of sleep is needed by most adults for optimal performance. However, it's not the amount, but the quality of sleep that matters.
- ❖ There are 4 stages of sleep followed by REM (Rapid Eye Movement). Stages 3 and 4 are restorative and growth producing.
- ❖ REM sleep promotes memory retention, organization and new learning.
- ❖ More sleep = more REM.
- ❖ Your environment and alcohol use interferes with deep sleep and REM.

Extra sleep can help...

- ❖ Boost your memory
- ❖ Reduce stress levels
- ❖ Enhance your sex life

If you can't get enough sleep, take a nap! Naps improve...

- ❖ Reaction time
- ❖ Logical reasoning
- ❖ Memory
- ❖ Overall task performance



“A short nap of 20-30 minutes can help to improve mood, alertness and performance” – American Sleep Foundation

- ❖ Find a location that is quiet and comfortable.
- ❖ Don't take a nap on an empty stomach to avoid waking from hunger.
- ❖ To avoid grogginess nap either 20 -30 minutes or 1.5 hours, nothing in between.

Daytime sleepiness is directly correlated to lower GPAs

