

# PRIORITIZING REST

## TIPS FOR ACADEMIC SUCCESS FOR COLLEGE STUDENTS

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### How Much Sleep Do I Need?

Optimal sleep duration may range from person to person, but **college-aged students are recommended 7–9 hours of sleep each night**. Your day-to-day sleep habits can influence whether or not you get good rest. Here are some ways to improve them.

### Improving Sleep Hygiene

**Develop a consistent sleep schedule** and develop your own bedtime ritual in a quiet, cool, and relaxing environment. **Reduce screen time before bed**, and try to turn off electronics 30 minutes before bedtime. Consider avoiding caffeine in the afternoon, and opt for non-caffeinated options.

### Time Management

**Improving time management skills and the balance between your school and personal life** may make it easier to **allot the appropriate amount of time for sleep**, and avoid unnecessary stress. This may allow you to more easily stick to a consistent bedtime.

### Study Habits

Managing time effectively can allow you extra time to **accommodate your unique style of learning and studying**. **Decide which study environment works best for you**, whether that be quieter settings like the library, your room, etc. or a more busy setting like a cafe, learning commons, etc. **Try to avoid “doom-scrolling” and excessive screen time**.

### Take Breaks

As time progresses, ability to maintain focus on vigilance tasks decreases. High vigilance tasks require sustained attention and alertness for an extended period of time. **However, high levels of vigilance can be maintained over extended periods by taking brief, actively controlled breaks**.

### Set Goals

**Goal setting provides direction and motivation for you to achieve your desired outcome**, regardless of what it may be. You can set your own clear and attainable goals following the **“SMART goals”** method, which are **specific, measurable, achievable, relevant, and time-bound**.

