



WHY SLEEP IS SO IMPORTANT

LEARNING

Sleep impacts your learning, concentration and creativity. Every hour of lost sleep is associated with a 0.7-point reduction in GPA!

MENTAL & PHYSICAL HEALTH

Sleep helps your brain work properly, improves attention, supports healing and repairing and decreases your risk of health problems.

For optimum health, aim for 7-9 hours of sleep per day. If proper sleep quantity cannot be achieved, try to nap 30-45 minutes in the earlier parts of the day.

EFFICIENCY

Healthy sleep helps you recharge. Consistently postponing sleep for other commitments can reduce your overall productivity and efficiency.

DECISION MAKING

Getting a good night's sleep improves decision-making and problem-solving skills.



Student Life

CONNECT WITH CAMPUS RESOURCES

There are many resources at Purdue to help students foster healthy sleep habits. Resources range from self-help to connecting with a health professional.

SELF-HELP/SELF-DIRECTED

TAO: Therapy Assistance Online – A free web and app-based mental health resource. Search for “Sleep” within TAO to see available self-guided information.

Steps to Leaps Sleep Module – In this self-guided course, learn more about this important activity and how you can improve your sleeping skills. Download from Training@Purdue in your Brightspace to complete at your own pace.

Recreation & Wellness Sleep Handbook – This handbook is designed to give you the foundational tools needed to get the most out of a night’s rest. Use this downloadable handbook as a self-help, self-paced resource.

TREATMENT SERVICES

Medical Appointment – PUSH provides primary care for both acute and chronic medical conditions by appointment.

CAPS Sleep Hygiene Education – CAPS provides one-on-one sleep hygiene education appointments with a registered nurse.

CAPS Brief Screen – CAPS offers same day/next day access for anyone wanting to get started with services. Brief screen appointments can be scheduled online, by calling CAPS or by stopping by PUSH.

PREVENTION PROGRAMMING AND SUPPORT

Recreation & Wellness Sleep Presentation – Request a sleep wellness presentation from the Wellness Department in Recreation & Wellness. This free service allows you to bring in a wellness staff member to talk about a wellness topic of your choice.

Wellness Coaching in Recreation & Wellness – Wellness coaching can take your sleep goals and turn them into action. Work with your coach to sculpt goals, overcome barriers and build a lifestyle that meets your sense of purpose.

CAPS Ambassadors – This peer support group helps provide education and outreach initiatives to destigmatize mental health challenges and promote inclusivity, understanding and self-discovery.

CAPS Let’s Talk – Do you have a brief concern that you’d like to speak to a CAPS clinician about? Let’s Talk is a confidential, informal drop-in consultation session.

SCAN THE QR CODES TO LEARN MORE:



TAO



Steps to Leaps
Sleep Module



RecWell Sleep
Handbook



Contact PUSH



Contact CAPS



Contact RecWell



CAPS
Ambassadors



CAPS Let’s Talk