The benefits of sleeping

Improve your memory

Sleeping well enables your brain to convert short-term knowledge into long-term knowledge during the REM portion of sleep. The number of hours you sleep each night will determine the number of REM sessions you are getting each night. You may want to ensure you are getting enough REM by trying a sleep app to help you fall asleep and tracking data as you sleep. 7-9 hours is the recommended number of hours of sleep for an adult to ensure that you cycle through REM 4-5 times during the night.

Stay alert during the day

You need to be alert to engage actively with your study. Lack of sleep can affect your ability to focus and absorb information. If you find you are nodding off during the day, plan to get to bed earlier.

Improve your mood

Studies show that lack of sleep contributes to low mood and negative self-talk. If you are finding you are losing your temper or irritable during the day, try adjusting your sleep routine. Your family and friends will thank you. Lack of sleep is linked to increasing stress, anxiety and even depression.

Stay healthier

Lack of sleep can increase your risk of becoming sick as not getting enough can reduce the immune system's ability to fight off viruses. Having low immunity impacts your heart function and increases the risk of high blood pressure and obesity. Sleep longer – live longer.

Improve your problem-solving skills and time management

Having a consistent good sleep will improve your ability to problem-solve and think outside the box. Getting good quality sleep improves decision-making and reduces procrastination helping you to study more efficiently.

For more information on resources to improve your sleep follow the link:
Managing sleeplessness - my.UQ - University of Queensland

Seek support:
Medical School
Student Support

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