

THE POWER NAP: 20 MINUTES

- Leaves you feeling rested and restored.
- Allows you to reap the benefits of stage 2 sleep without crossing into slow wave sleep (which makes you feel groggy upon waking).

THE PERFECT NAP: 90 MINUTES BETWEEN 1 AND 3PM

- Mimics the overall stage percentages of nocturnal sleep in a fraction of the time!
- 5% in stage 1 sleep, 60% in stage 2, 17.5% in slow wave sleep and 17.5% in REM sleep.
- Increases alertness, synthesizes newly learned information and boosts motor function.

A NAP PRESCRIPTION FOR THE BUSY STUDENT:

- Twenty minute power nap during the week after classes are over and before evening activities begin.
- One perfect nap on the weekend to clear the mind and help with focus and memorization of information.

CONTACT US

UHS Building 2nd Floor

(585) 273-5775

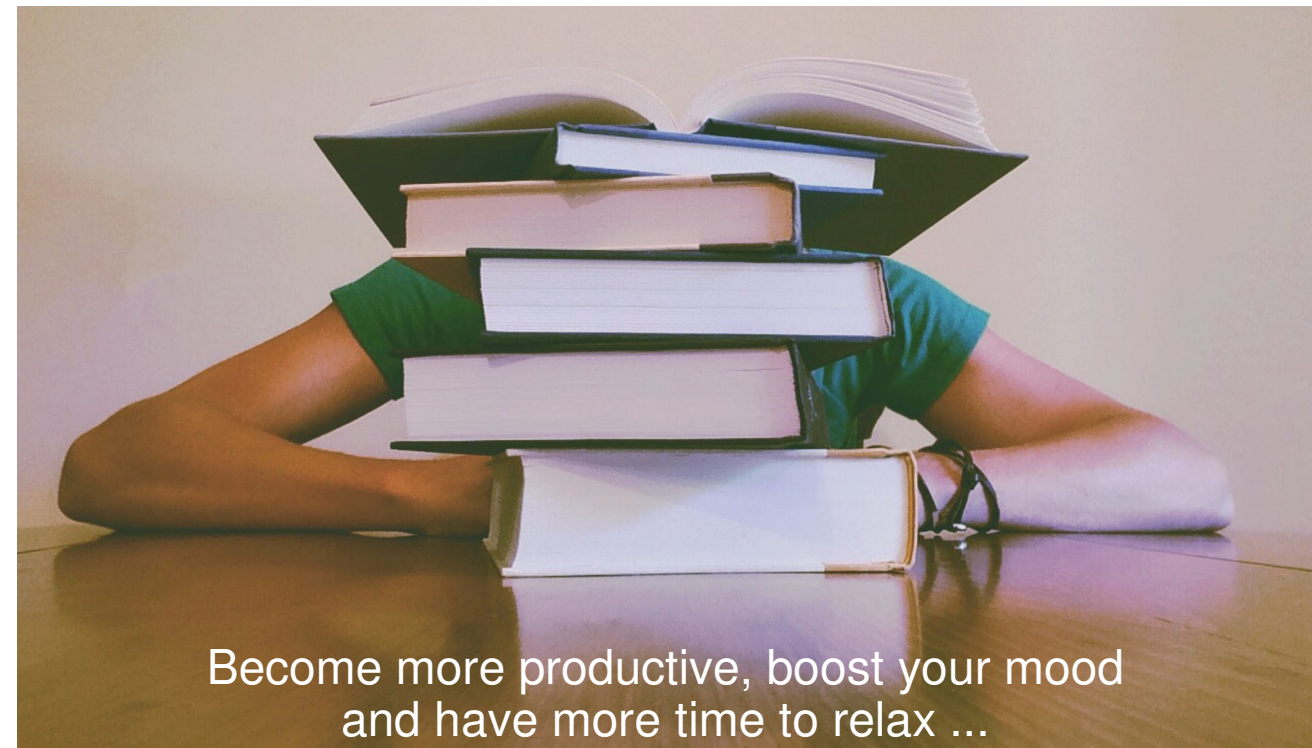
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LIVE.
GROW.
THRIVE.

Brought to you by the
UHS Health Promotion Office



Become more productive, boost your mood
and have more time to relax ...

TAKE A NAP!

Napping during the day will elevate your mood and give you more energy to conquer the rest of your day. Also, napping will vastly help you consolidate newly learned information. Without critical period of REM sleep in the minutes to hours after a learning experience, no significant consolidation of that information can occur.

Think you don't have time to nap? Well, if you spend 20 minutes or more walking to Starbucks and waiting for your drink, couldn't you just find a cozy spot to take a nap instead? Check out our favorite napping spots on campus and then design your perfect nap.

FOR THE “SILENCE IS GOLDEN” NAPPER



Gleason Library: The Quieter Study Room is a student favorite for napping on campus. Private couches and comfy chairs with foot rests are here.



Rush Rhees Library: There's many quiet spaces here for napping. Pro tip: leave your books at a table to create a separation of “nap” and “work”.



Physics & Astronomy Library— Located on the 3rd Floor of Bausch & Lomb, you'll find plush chairs with foot rests and even napping blankets!



Carlson Library—3rd Floor: Find a study pod and turn it into a blissful nap zone., or take advantage of one of the couches on the periphery of the space.

FOR THE “I CAN SLEEP ANYWHERE” NAPPER



Hutchinson Hall: Be sure to check out the “Green Carpet” lounge for your next nap! The tucked away couches are perfect for a quick snooze, but when classes let out, you might be woken from your slumber.



Rettner Hall: Rettner is a great spot to nap. You'll find plenty of couches as well as soft chairs and foot rests distributed across all three floors. If you don't need quiet and darkness to nap, this is a great centralized location.



Carlson Library—1st Floor: You'll also find some great napping spots on the first floor of Carlson Library, but it will be a bit nosier than the third floor options. Cuddle up on the couch in front of the Vista Collaboratory.



Douglass Commons —3rd Floor: Outside of the Paul J. Burgett Intercultural Center is a fantastic nap spot with a long padded couch and reclined seats. For some extra relaxation, head to the meditation room before you snooze!