

The Impact of Sleep on Stress Levels in Nursing Students



a study shows that **78.6%** of nursing students have poor sleep quality!

Getting less than 7 hours of sleep is shown to impair your daily ability to function



Lack of sleep is correlated with higher stress levels

Ways To Improve Sleep Habits in Nursing Students

1 Cut out caffeine as much as possible.



2 Do not smoke (or vape).

3 Minimize screen time before bed.

