To maximize napping benefits, dedicate 15 to 20 min. for your nap duration to avoid waking during the deeper sleep stages, which can make you feel groggy. The prime napping time is 1 pm to 3 pm. This is when you might experience post-lunch sleepiness or a lower level of alertness.

So your valuables won’t get napped while you nap...

**John Wooden Center (JWC) lockers** - Day-lockers are at the cardio room (costs 25 cents). Purchase long-term lockers in the men and women locker at the JWC Sales & Cashiering desk.

**North Pool Lockers** - Bring your own combination lock for day-lockers. Purchase long-term lockers at the JWC Sales & Cashiering desk.
These Beautiful lo...shade of a tree, surrounded by
cent and hidden underneath the
fairytale-like concrete chair adja-
and Royce. The space also has a
away and accessed through the
wall in front of Royce? There
You know those little alcoves in
Royce Hall, 10745 Dickson Plaza
The basement A-level has some
quieter seats are near the back.)
some couches. However, this is a
floor has a number of lounge
The Reading Room on the first
Charles E. Young Drive North
Pros: Quiet study and nap space
with couches and tables in rooms
near the Rotunda, East Rotunda,
Rose Gilbert Reading Room, and
in some areas of the Main Read-
ing Room. The Reading Room has
study cubby desks--you can put
your head down and wear ear
phones. Hours: 8 a.m. - 9 p.m.
(3rd Floor), 308 Westwood Plaza
Location: Kerckhoff Study Lounge
Pros: Reclinable seats for napping,
sofas and overstuffed couches to
lie on--so you
may prepare and bring a camp
ing mat.

Physics and Astronomy Building
On the outside, there are benches
at the perimeter of the building.
Generally, the upper floors have
open benches. On the second
floor, there is a walkway that con-
nects PAB to Knudsen Hall. Before
that, there is a long, soft bench
that is truly the most comfortable
place ever. Nobody ever walks
from Physics to Knudsen, so it’ll
be super quiet. There’s a patio on the
3rd floor--some grad students and
professors will go there for lunch
sometimes. But aside from that,
the benches are okay to nap on.
Also, there are power outlets for
your laptop.

Inverted Fountain
Pros: The water
may be welcomed white noise.
Cons: UCLA campus tour guides
take groups right there, so you’ll
give to time it well. There are
campus tours from 10:15 a.m. to
around 3:15 p.m.

Student Activity Center, 220 West-
wood Plaza
Pros: Quiet, comfort-
able. Cons: Very limited couches
available.

Ackerman A-Level Viewpoint
Lounge, 308 Westwood Plaza
Pros: Very comfy couches. Cons:
TV playing, so maybe bring ear
phones. Hours: 8 a.m. - 9 p.m.

Engineering Library, 8270 Boelter
Hall
Pros: Quiet. Cons: Few couch-
es, mostly desks.

Location: Kerckhoff Study Lounge
(3rd Floor), 308 Westwood Plaza
Pros: Reclining seats for napping,
sofas and overstuffed couches to
lie on--so you
may prepare and bring a camp-
ing mat.

Math Sciences/Boelter Hall Roof
(9th Floor)
Pros: Usually no
people, scenic view of campus. Cons:
Floor is concrete and dusty, no
couches or seats to lie on--so you
might prepare and bring a camp-
ing mat.

Biomedical Library, 12-077 Center
For Health Sciences
Pros: The com-
fy chairs are very visible places
in the libraries—in major reading
rooms and first floor spaces. So
you don’t have to poke around too
much.

Botanical Gardens, 777 Tiverton
Dr.
Peaceful, secluded and well
covered outdoor setting, with
grassy areas and wooden benches
along the path.