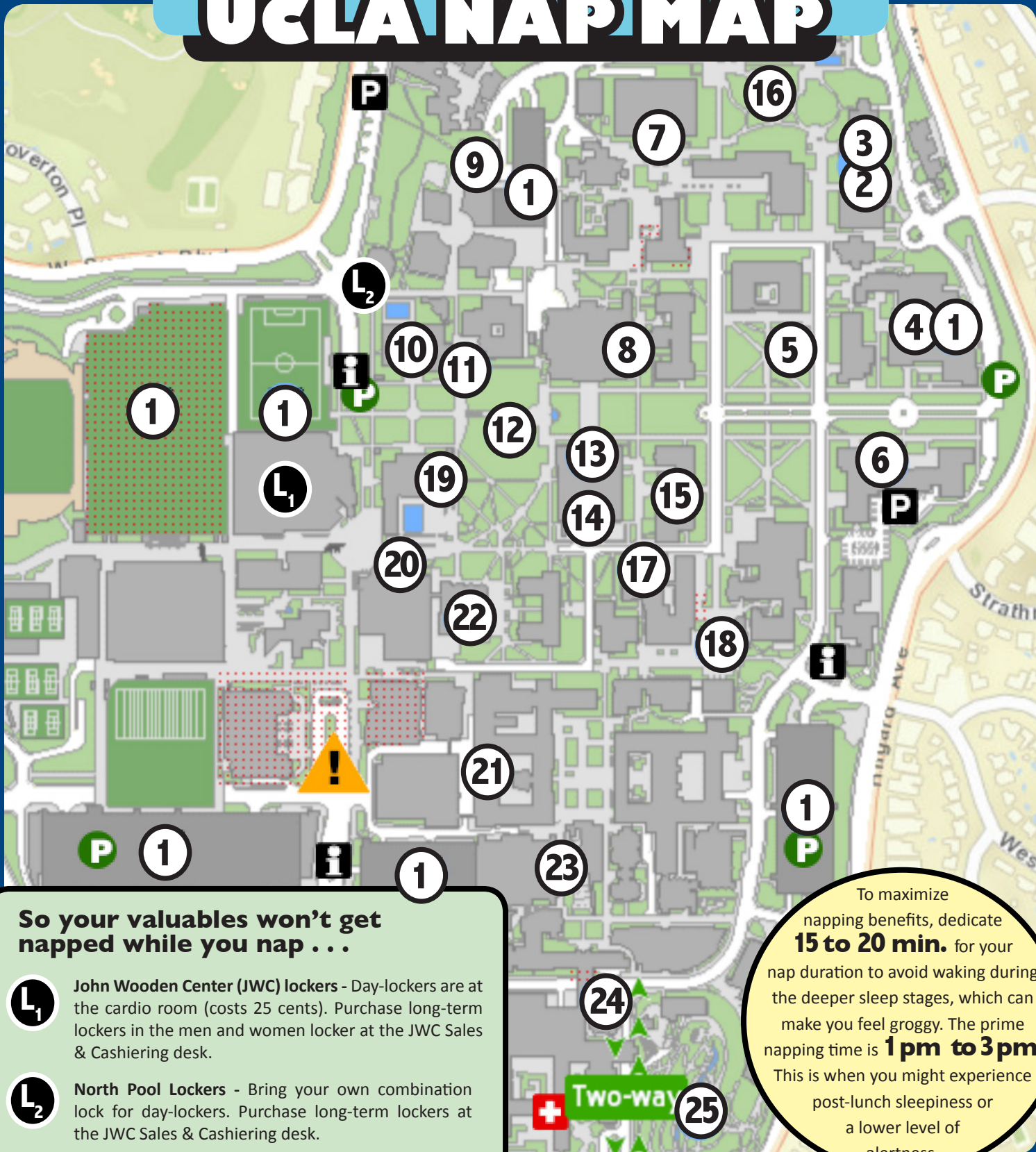




UCLA NAP MAP



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

- L₁** **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.
- L₂** **North Pool Lockers** - Bring your own combination lock for day-lockers. Purchase long-term lockers at the JWC Sales & Cashiering desk.

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 **1pm to 3pm.** This is when you might experience post-lunch sleepiness or a lower level of alertness.

NAP KEY

- 1** **Permit and pay by space parking**
Park your car on the farthest level away from ground floor for quiet and less activity while you nap.
- 2** **Arts Library, Top Floor, 1400 Public Affairs Building** Pros: It is comfortable and very quiet. Cons: Very limited seating.
- 3** **Luskin School of Public Affairs Building 337 Charles E. Young Dr., East** - Luskin Commons on the 3rd floor (room 3383) has mostly chairs. There are many comfy couches at the Faculty Lounge (room 539).
- 4** **Law School Library, 385 Charles E. Young Drive East, Room 1112** Only law students are allowed (except for a small cap of other individuals daily). But once in, you may access everything. Identification will be checked and you will be asked to sign in at the guard desk. Those who are not law students must ask for a Daily Access Ticket. Couches are definitely on the ground floor and lower level, not sure about the upper level.
- 5** **Sunken Garden/Dickson Plaza** Enjoy beautiful Southern California weather on a sunny day. Areas in the shade can be dewy, weather varies. Sun sets around 6 p.m. Can be chilly after.
- 6** **Murphy Hall, 410 Charles E. Young Dr., East** There are benches along the perimeter, near the side entrance of Murphy. Very quiet and shaded.
- 7** **Charles E. Young Research Library, 280 Charles E. Young Drive North** The Reading Room on the first-floor has a number of lounge chairs around the perimeter and some couches. However, this is a room for group study and collaboration so it may be loud (the quieter seats are near the back.) The basement A-level has some couches if you can find one that's available.
- 8** **Royce Hall, 10745 Dickson Plaza** You know those little alcoves in the wall in front of Royce? There are similar (but quieter) little alcoves on the side of Royce, tucked away and accessed through the outside walkway between Haines and Royce. The space also has a fairytale-like concrete chair adjacent and hidden underneath the shade of a tree, surrounded by grass.
- 9** **UCLA Anderson School of Management, Rosenfeld Library, 110 Westwood Plaza**
- 10** **Kaufman Hall, 120 Westwood Plaza** On top of Kaufman, there's a little area where some of the music classes will go sometimes to play. When they're not around, it's a pretty quiet place to take a nap.
- 11** **Fowler Amphitheater, 308 Charles E. Young Dr., North** Enjoy beautiful Southern California weather on a sunny day. Cons: No WiFi, areas in the shade can be dewy, weather varies. Sun sets around 6 p.m. Can be chilly after.
- 12** **Lawn by Janss Steps** Enjoy beautiful Southern California weather on a sunny day. No WiFi, areas in the shade can be dewy, weather varies. Sun sets around 6 p.m. Can be chilly after.
- 13** **Powell Library, 405 Hilgard Ave.** 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 Reading Room. The Reading Room has study cubby desks--you can put your head down and wear earphones and you're set. Powell basement is nice and quiet. Cons: It's hard to get a good couch unless it's in the middle of the day or early in the quarter. Night Powell especially has limited couches. Full access: 7:30 a.m. - 7 p.m.; Night Powell: 7 p.m. - 7:30 a.m. (limited areas).
- 14** **Powell Library / Physics and Astronomy Building Benches** These benches are more secluded and can be quieter than other benches on campus.
- 15** **Humanities Building, 2nd floor, 415 Portola Plaza** Very quiet and some areas to lie down.
- 16** **Sculpture Garden** Beautiful location with large open outdoor space. Spots on the lawn and also on benches in the shade. Cons: May be dewy under the shade or muddy after a rain. Sun sets around 6 p.m. Can be chilly after.
- 17** **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 connects 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.
- 18** **Inverted Fountain** Pros: The water may be welcomed white noise. Cons: UCLA campus tour guides take groups right there, so you'll have to time it well. There are campus tours from 10:15 a.m. to around 3:15 p.m.
- 19** **Student Activity Center, 220 Westwood Plaza** Pros: Quiet, comfortable. Cons: Very limited couches available.
- 20** **Ackerman A-Level Viewpoint Lounge, 308 Westwood Plaza** Pros: Very comfy couches. Cons: TV playing, so maybe bring earphones. Hours: 8 a.m. - 9 p.m.
- 21** **Engineering Library, 8270 Boelter Hall** Pros: Quiet. Cons: Few couches, mostly desks.
- 22** **Location: Kerckhoff Study Lounge (3rd Floor), 308 Westwood Plaza** Pros: Reclinable seats for napping, sofas and overstuffed couches to lounge in, lighting is low. Cons: Can be very crowded, musty, and hot.
- 23** **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 camping mat.
- 24** **Biomedical Library, 12-077 Center For Health Sciences** Pros: The comfy 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.
- 25** **Botanical Gardens, 777 Tiverton Dr.** Peaceful, secluded and well covered outdoor setting, with grassy areas and wooden benches along the path.