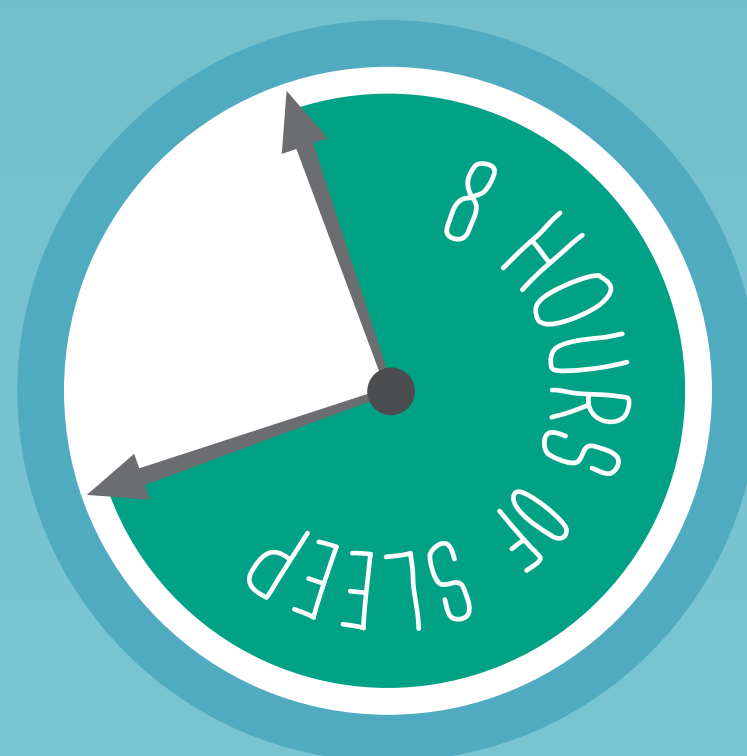# SLEEP 101

WHY IS SLEEP IMPORTANT?

Sleep is the body's way of rejuvenating itself. Sleep can affect a person's health and wellbeing, because sleep supports healthy brain function and helps maintain physical health. Sleep can affect how a person looks, feel, and performs on a daily basis.

MOST COLLEGE STUDENTS NEED AT LEAST 8 HOURS OF SLEEP NIGHTLY.

8 HOURS OF SLEEP

BENEFITS OF SLEEP

Improves memory and concentration

Increases energy

Improves mood

Lowers stress levels

Encourages creativity

Stronger immune system

Decreases snacking throughout day

Helps to maintain healthy weight

Signs you're NOT GETTING ENOUGH SLEEP

Constantly hungry

Forgetfulness

Irritable and emotional

Caffeine just doesn't cut it

Always wake up groggy

Can't focus

Falling half-asleep

One of the primary causes of excessive sleepiness among Americans is self-imposed sleep deprivation

WHAT HAPPENS WHEN YOU DON'T GET ENOUGH SLEEP?

INCREASED

Lost memories

Anger and impatience

Risky decisions

Irritability

Stress

Depression

Relationship problems

DECREASED

Memory

Creativity

Efficiency

Reaction time

Coordination

Motivation

Immune response

Energy

HOW TO SLEEP

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zzz...

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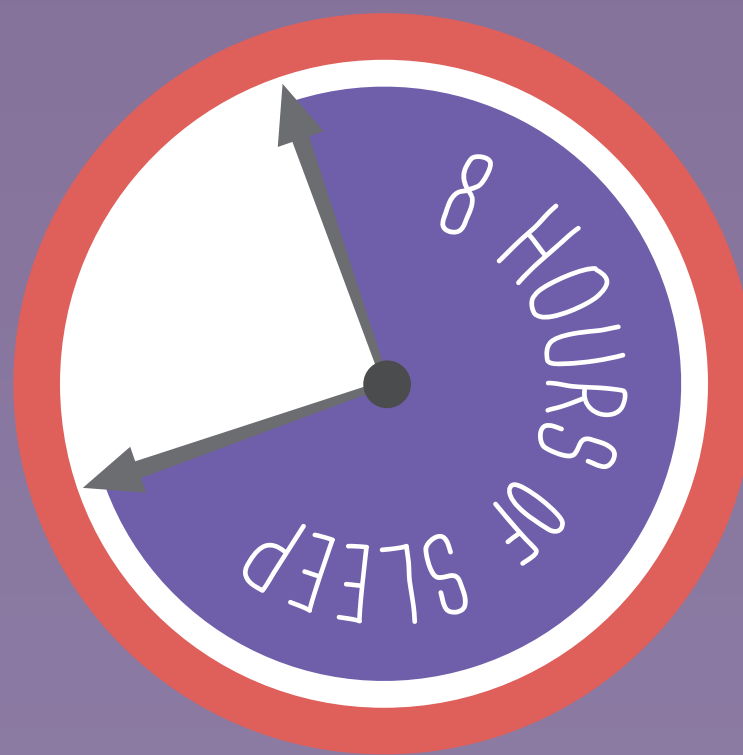
HOW DO YOU GET BETTER SLEEP?

Set a sleep schedule and follow it!

Exercise for at least 30 minutes every day

Cut caffeine at least 6 hours before bed time

Have wind-down time
(prep for the next day, relax in bed)

Keep your room cool
Between 65 and 72 degrees

Eliminate all light in your room or use a sleep mask

Turn off all noise or use ear plugs

Don't hit the snooze button
Set your alarm for when you need to wake up

Turn electronics off about 30-60 minutes
before sleep time

Tip: Exercising regularly makes it easier to fall asleep and contributes to sounder sleep

WHAT IF YOU CAN'T SLEEP?

Journal - write down what is keeping you awake

Read a book

Stretch to loosen your muscles

Listen to soothing music

Use deep breathing meditation

Go to another room and do something relaxing until you feel tired

Simple breathing techniques to fall asleep quickly:

Exhale through your mouth

Close your mouth and inhale through your nose for a count of 4

Hold your breath for 7 counts

Exhale for 8 counts

Repeat the sequence 3 times

NAPS!

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Tip: Drink a cup of something caffeinated followed by a 15-20 minute nap. Caffeine takes about 20 minutes to kick in, so it will begin start working as your begin to wake up

8 HOURS of SLEEP

Tip: Don't take a nap too late in the day because it might affect your nighttime sleep patterns and make it difficult to fall asleep

NAPPING BENEFITS

Relaxation

Reduced fatigue

Increased alertness

Improved mood

Improved reaction time

Better memory

May reduce stress

TYPES OF NAPS

Planned Napping
Involves taking a nap before you actually get sleepy and can by used when you know you will be staying up later than normal or as a mechanism to ward off getting tired earlier

Emergency Napping
When you are suddenly very tired and cannot continue with the activity you were originally engaged in

Habitual Napping
A practice of taking a nap at the same time everyday

DRAWBACKS OF NAPPING

Sleep Inertia:
A grogginess or disorientation after waking up from a nap

Night time sleep problems

Napping 20-30 minutes is recommended for improved alertness and prevent feeling groggy or interfering with nighttime sleep

BEST WAY TO TAKE A NAP

Keep naps short
(between 10 and 30 minutes)

Take a nap in the afternoon, but not too late

Create a restful environment by napping in a quiet, dark place with few distractions

Naps can restore alertness, enhance performance, and reduce mistakes and accidents