

Who Needs Sleep? You Do!

63% of college students do not get enough sleep.

College students need at least **9.25** hours of sleep, yet are only getting an average of **6.1** hours of sleep a night.

Symptoms of sleep deprivation

Grogginess

Dark circles

Muscle Fatigue

Irritability

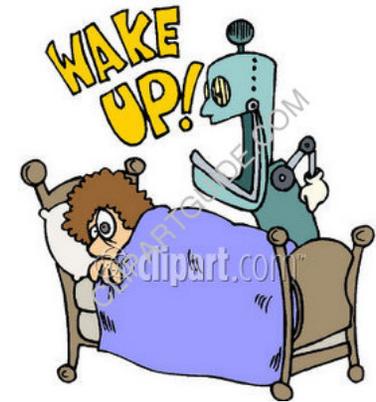
Inability to wake up without an alarm
(You should be able to wake naturally)

Drowsiness

Mood swings

Poor performance

Inability to concentrate



Why are college students burning the candle at both ends?

1. Too heavy of a class load
2. Involved in several activities or organizations
3. Part-Time job
4. Trying to finish a double major in four years
5. Trying to make the grade so they are more marketable for Graduate school

SLEEP TIGHT

10 Tips on better sleep:

1. Don't study or do other types of work on your bed. Just use your bed for sleeping.
2. Establish and stick to a regular going to bed and waking schedule
3. Establish a relaxing pre-bed routine. Stretch, take a hot bath, or do something else that will relax your mind and body before you head to bed.
4. Sleep on a comfortable mattress and pillow.
5. Create a sleep environment, dark, quiet, and comfortable.
6. Finish eating two to three hours before going to bed.
7. Exercise regularly, but at least two to three hours before bed. Exercising too close to bed could keep you up longer.
8. Avoid tobacco before going to bed.
9. Avoid chocolate before bed; because it contains caffeine, it could keep you up.
10. Avoid alcohol before bed; it could disrupt your sleep.

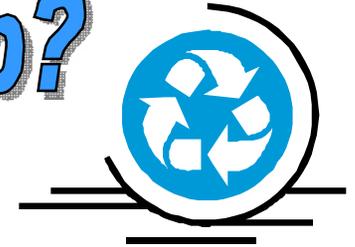
Helpful Tips

Ways to fit in what is needed without hurting your physical and emotional help:

1. Make a schedule. In that schedule, include classes, any activities, organizations, or part-time job(s) you have. Next, figure out when you're going to study and hang out with friends. If you're done with that and you don't have at least 8 hours in your day when you can sleep, you might want to scale back in some areas.
2. Avoid abusing caffeine and energy drinks to stay awake.
3. Exercise to give your body the energy it needs; this way you are doing it in an effective and natural way.
4. Learn to say No. It is okay if you don't pick up extra hours on the weekend or during the week at your part-time job. Try not to take on too much to become Supergirl or Superman.
5. Prioritize your time. Make a to-do list and do what is most important first before continuing down your list.
6. Take a 20 minute power nap during the day to recharge your batteries.
7. Take time to relax and reflect on your day.



What are the Cycles of Sleep?



There are 5 stages of sleep:

Stage 1 lasts for 5 to 10 minutes; there is a reduction in activity and is often referred to as drowsiness.

Stage 2 is a period of light sleep during which there are peaks and valleys of negative and positive physiological waves. This period also includes times of spontaneous muscle contraction and relaxation. Heart rate slows and body temperature decreases as the body prepares for deep sleep.

Stage 3 and Stage 4 are the periods of deepest sleep. All eye and muscle movements stop. Stage 4 is also the period in which people sleepwalk and children experience bed-wetting. It may also be the period when it is hardest to wake someone.

Stage 5, also known as **Rapid Eye Movement (REM)** sleep, is the sleep stage where people dream. Muscles stiffen, eyes move, heart rate increases, breathing becomes more rapid and irregular, and blood pressure rises.

About 50% of our sleep is spent in Stage 2 and 20% spent in Stage 5/ REM sleep. The average sleep cycle from the beginning of stage 1 to the end of REM sleep takes about an hour and a half.

An adult spends about two hours a night in REM.

WHAT SLEEP DISORDERS CAUSE EXCESSIVE DAYTIME SLEEPINESS?

Obstructive Sleep Apnea:

A very common disorder where there is obstruction of the nose and/or throat by enlarged tonsils, a deviated nasal septum, etc., which results in pauses in breathing during sleep. Symptoms include snoring, morning headache, and daytime fatigue. Obstructive sleep apnea can lead to heart failure and is a risk factor for heart attacks and strokes.

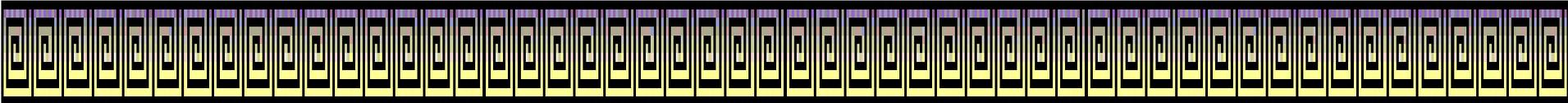
Periodic Limb Movement Disorder:

A jerking of legs during sleep which causes brief awakenings. This causes insomnia and daytime sleepiness.



Narcolepsy:

A relatively rare sleep disorder of dream sleep. The main symptom is uncontrollable sleepiness during the day.



What's going on while I sleep?



Part of sleep's effect lies in hormones. During deep sleep, the production of growth hormone is at its peak. Growth hormones speed the absorption of nutrients and amino acids into your cells, and aid in the healing of tissues throughout your body. The hormone also stimulates your bone marrow, which is where your immune system cells are born.



Melatonin, often called the sleep hormone, is also produced during sleep. This hormone inhibits tumors from growing, prevents viral infections, stimulates your immune system, increases antibodies in your saliva, has antioxidant properties, and enhances the quality of sleep.





Just for Fun- What your sleeping position says about you!

If you sleep in the **FETAL POSITION** you are more likely to be tough on the outside, but soft on the inside. This is the most common sleeping position; twice as many women as men sleep in this position.

If you sleep in the **SOLDIER POSITION** with both arms parallel to the torso and legs, you are easy going, sociable, want to run with the A-list crowd, and maybe gullible.

If you sleep with both **ARMS OUT IN FRONT OF YOU**, you can be suspicious and cynical.

If you sleep “**LIKE A STARFISH**” on your back with both arms around a pillow you are good at making friends, ready to listen and offer help.

If you sleep in the “**FREEFALL**” POSITION, laying on your stomach with your hands around the pillow and your head turned to one side, it can be good for digestion.

When people don't get enough sleep they can become moody and irritable despite their sleeping position. Not getting enough sleep can lead to low self-esteem and even depression.

