

Feeling “wiped out? Maybe you need to close your lids... And SLEEP

“ So I’m a little tired. What’s the big deal?”

Sleep will elevate your mood, improve your memory, and help you perform better in and out of the classroom, increase your productivity, and make you healthier! Can you think of anything else this powerful?

What are symptoms of sleep deprivation?

- Falling asleep immediately upon hitting the pillow
- Needing an alarm clock to awaken in the morning
- Mood shifts, including depression, irritability, loss of sense of humor
- Stress, anxiety, loss of coping skills
- Weight gain
- Feeling chilled and lethargic
- Frequent illness
- Decreased ability to concentrate, remember, handle complex tasks, think logically
- Decreased ability to assimilate and analyze new information, think critically, and make critical decisions

Sleep Trivia

- 83% of college students experience mid-afternoon drowsiness
- 30% of college students fall asleep in class at least once a week
- 81% of college students nap at least once a week
- Studies show that college students need 10 hours of sleep per night!
- However, college students average just 6 hours of sleep per night!
- Increasing your sleep by 1 hour a night can increase your alertness by 25%

5 Essential Tips

- Get adequate sleep...8-10 hours a night
- Establish a regular sleep schedule, on both weekdays and weekends
- Exercise at least 3 times a week
- Limit caffeine late in the day. It can disrupt nighttime sleep
- Avoid alcohol. Even a small amount of alcohol in a sleep-deprived person can severely impair judgment

Want to get A’s? Increase your Zzzz’s

Ten Tips for a Good Night's Sleep

One of the most frequent problems experienced by students is fatigue. Students have a busy and demanding lifestyle that often leaves precious few hours for rest. One essential tool in combating fatigue is an **adequate amount of restful sleep**. Here are **ten tips** offered by the Better Sleep Council on how to maximize the benefit of your valuable sleep time:

- **Stick to a regular schedule**
- **Exercise regularly.** Exercise enhances sleep by burning of tensions that accumulate during the day. It's best not to exercise late in the evening right before bedtime.
- **Stay away from stimulants.** If you love coffee, have your last cup of the day no later than 6-8 hours before your bedtime. Caffeine used to "turn on" your concentration for studying often makes it impossible to "turn off" when it comes time to sleep. Nicotine is an even stronger stimulant than caffeine, so it is best not to smoke.
- **Drink only in moderation.** Too much alcohol early in the evening can make it hard to fall asleep, and too much at bedtime can make it harder to stay asleep.
- **Go for quality sleep, not quantity.** Your goals should be to sleep only as much as you need in order to feel refreshed the next day.
- **Don't nap if you're having problems sleeping at night.** For some people, particularly insomniacs, naps make sleep problems worse.
- **Set aside planning time early in the evening to get rid of distractions.** Identify what needs to be done tomorrow and make lists so you don't feel you have to keep reminding yourself of things to do when you are trying to fall asleep. Worrying about what needs to be done the next day is a frequent cause of insomnia.
- **Don't go to bed stuffed or starved.** A big meal late at night forces your digestive system to work overtime and rumbling stomach interferes with your ability to settle down and sleep through the night.
- **Don't eat, study, or watch TV in bed.** It often helps to set aside the bed as a place associated with sleeping only. Making your bed clean and attractive also helps preserve its image as a comfortable place to "get away from it all" and to sleep.
- **Develop a sleep ritual.** It will be easier to make the transition to sleep if you repeat these activities every night before going to bed.