

SLEEP

Scientific research makes clear that sleep is essential at any age. Sleep powers the mind, restores the body, and fortifies virtually every system in the body. Good sleep is necessary for optimal health and can affect hormone levels, mood and weight. The amount of sleep someone needs each night depends on their age. Children and young adults need more sleep than older people. Typical college students should sleep 7-9 hours a night.

Uninterrupted sleep promotes the sleep cycle, during which the brain moves through active and inactive states. Student's sleep schedules also affect sleep quality. Going to sleep and waking up at the same time each day promotes better rest.

Signs of adequate sleep include feeling mentally sound upon waking, having energy in the morning, and feeling refreshed. Symptoms of bad sleep include an unfocused train of thought and lethargy. Students experiencing these or similar feelings should consider whether they receive the recommended amount of sleep.

Adequate sleep provides numerous benefits including:

- Improved grades
- Better memory
- Lower risk of obesity
- Stronger immune system.
- Improved mood

Sleep deprivation may cause one or more of the following negative outcomes:

- Increased negative feelings
- Weakened immune system
- Difficulty concentrating, impaired attention and memory
- Impaired brain development
- Poor coordination

College students balance sleep and studying by developing and sticking to a daily routine. The following ideas give degree-seekers a starting point to improve their sleep, raise their grades, and avoid long-term health problems.

- Create a study routine
- Use your calendar
- Don't overdo it
- Meet with your advisor regularly

Handouts/Websites

Brain Basics: Understanding Sleep

Your Guide to Healthy Sleep (PDF)

CDC: Sleep Resources

Free Sleep worksheets and handouts

National Sleep Foundation

Podcasts/Videos

Podcast: Sleep With Me

Podcast: This Girl Loves Sleep with Alanna McGinn

Podcast: Best Night Ever! with Dr. Jay Khorsandi

TED Talk: Matt Walker, "Sleep Is Your Superpower."

TED Talk: Arianna Huffington, "How to Succeed? Get More Sleep."

TED Talk: Russell Foster: "Why Do We Sleep?"

Books

Sleep Smarter, by Shawn Stevenson

Sleep Soundly Every Night, Feel Fantastic Every Day, by Robert Rosenberg

Peak Sleep Performance for Athletes: The Cutting-edge Sleep Science That Will Guarantee a

Competitive Advantage, by Shane Creado