

College Students & Sleep

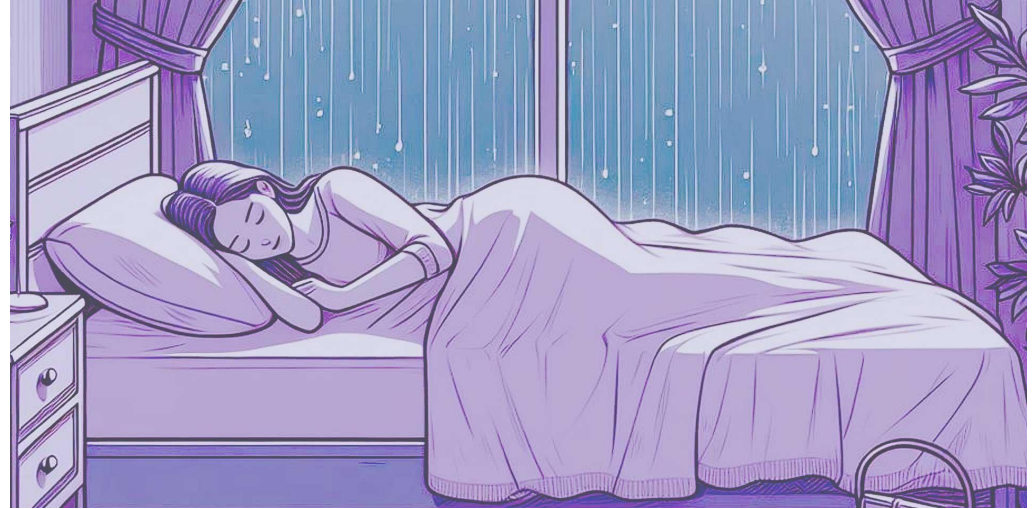
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SLEEP

what is it?

Sleep is a natural state of rest in which you have a reduced consciousness, you experience sensory activity, and your muscles relax.



SLEEP

why do you need it?

For your health! Your mental health is given a chance to “catch-up” when you sleep as you give your mind time to recover and rest as well as consolidate memories!



SLEEP

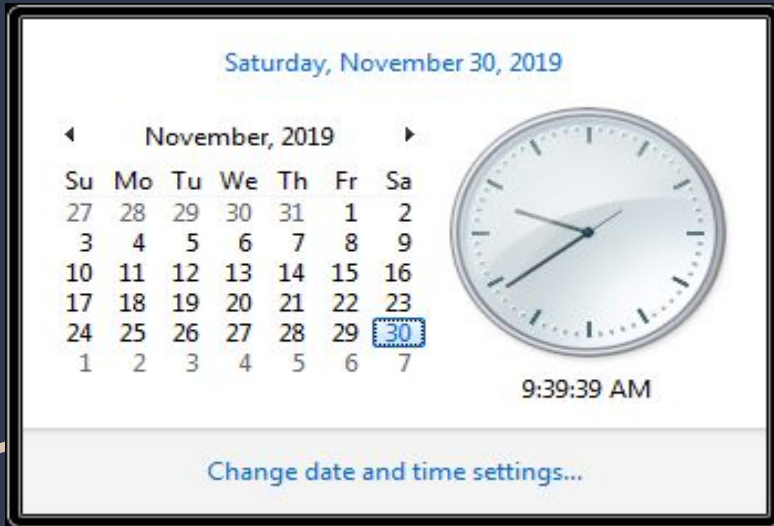
what else does it help?

- Physical Health - works to recover anything damaged/overused while awake
- Circadian Rhythm regulates body functions via Homeostasis



How much sleep do you really need?

The national sleep foundation says that young adults (18-25) need 7 to 9 hours each night



Common sleep Disorders



- ❖ *obstructive sleep apnea*
- ❖ *narcolepsy*
- ❖ *restless leg syndrome*
- ❖ *insomnia*
- ❖ *circadian rhythm disorders*

How does sleep impact us?



Lack of sleep can lead to many negative side effects

Negative Effects



- ❖ *Irritability*
- ❖ *Difficulty Concentrating*
- ❖ *Anxiety*

Negative Effects



- ❖ *Depression*
- ❖ *Increased risk for chronic conditions*
 - *Diabetes Mellitus & Heart Disease, for just a few*

Negative Effects



- ❖ *More vulnerable to respiratory infections*
- ❖ *Obesity*
- ❖ *Loss of energy*

Methods to Improve Sleep Habits



- ❖ *Stick to a sleep schedule*
- ❖ *Avoid heaving eating our drinking a few hours before bed*

Methods to Improve Sleep



- ❖ *Limit naps*
 - *1 hour*
 - *Avoid late in the day naps*
- ❖ *Stress and time management*
 - *Setting priorities & delegating tasks*
 - *More organization*
 - *meditation*

Methods to Improve Sleep Habits

- ❖ *Spending time outside*
- ❖ *Some physical activity*
- ❖ *Seek professional help*
 - *Ask about sleep medications*
 - *Natural remedies*



Average Sleep Schedule of College Students

“On average, most college students get 6 - 6.9 hours of sleep per night, and the college years are notoriously sleep-deprived due to an overload of activities.” (Sleep Health Education UGA)

How many college students don't get enough sleep?

Up to 60% of college students

are not getting the recommended amount of sleep each night.



Source: National Library of Medicine

+HE GOOD BODY

How many hours
of sleep did you
get last night?

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