

Sleeping and Napping

Below are themed slides to promote healthy choices for all student residents.

- Slides can be mixed and matched to create multiple bulletin board displays.
- Final slides in this file give ideas for bulletin board displays.
- Slides were specifically developed to promote factchecked information and files are not available for open edits.



Sleeping is **ESSENTIAL**

And is Closely Linked to Academic Success

What Happens When You Sleep

1. Memories are stored (necessary for learning)
2. Our ability to concentrate and pay attention is restored
3. Muscles repair and recover
4. We maintain better mental health
5. Our metabolism is regulated



What Happens When You Don't Sleep

1. Our emotions are heightened, causing irritability, anger, and anxiety
2. Reaction time is slowed and more accidents occur
3. We have impaired judgment and concentration
4. Changes in appetite
5. Feel tired or lacking in energy

EXPERTS RECOMMEND

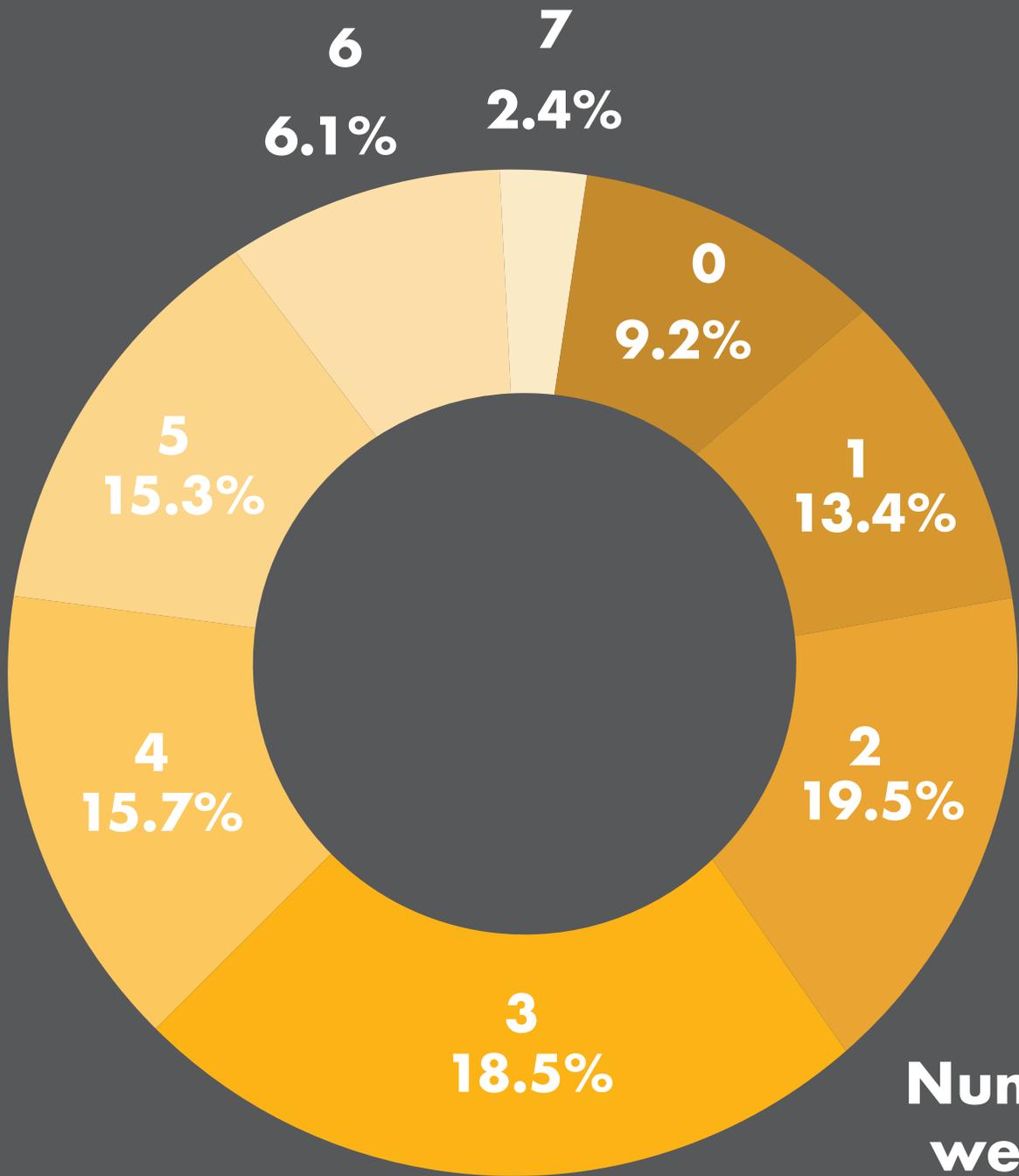
7
hrs

to



9
hrs

Of Sleep EVERY Night



Only 2.4% of students said they were well-rested everyday of the week.

Number of days out of week felt well rested

Common “Misconceptions” About Sleep

“Caffeine and other stimulants help me study, but it won't affect my sleep.”

Stimulants may help you stay awake or alert, but the substances stay in your body long after that initial jolt. If you drink a 12 oz. soda at 7pm, 50% of the caffeine will still be in your system at 11pm.

“Alcohol will help me sleep.”

Alcohol disrupts your sleep cycle and increases the number of times you wake up. Passing out is NOT the same as going to sleep.

“If I sleep, I miss out on study time.”

Planning ahead can help you avoid all-nighters. Getting 8 hours of sleep has been shown in studies to be more beneficial to your GPA than staying up all night to study.

“I can “catch up” on sleep on weekends.”

Try to keep your weekend wake time within an hour or two of your weekday wake time. A regular sleep schedule maintains your body's internal clock and helps you fall asleep and wake up easier, which is beneficial to your GPA than staying up all night to study.

THE ABC'S OF CATCHING ZZZ'S

Avoid or minimize use of stimulants and depressants such as caffeine or alcohol

Bedtime routines should be regular

Cue your body to sleep with a dark comfortable and quiet sleep environment

Dont stay in bed tossing and turning- try a relaxing activity like yoga before returning to bed

Exercise Regularly

Friends can wait - You don't have to stay up if you don't want to

Get 7-9 hours per night, though 20minute naps during the day can keep you refreshed

Hydrate with 64oz of fluids and incorporate a variety of foods every day

Should I seek help?

See a healthcare provider if you experience any of the following problems:

- Your sleep problems interfere with school, work, or relationships with friends or family.**
- You rely on sleep aids or alcohol to make you sleep or on amphetamines or stimulants to keep you alert.**
- You have depression, chronic anxiety, pain, a change in medication, or any other condition that may affect your sleep**
- You snore heavily or stop breathing at intervals during the night, often starting again with a gasp. If your roommate, spouse, or partner complains about your snoring, tell your healthcare provider.**

Napping

Napping can help you make up for lost sleep and improve your cognitive function, mood, and memory.



Benefits of Napping

Increased Alertness & Focus

More Energy Throughout the Day

Decreased Moodiness

Increased Motor Performance

**If insomnia is
an issue for you...**

**Keep a sleep diary for
two weeks to help
identify what prevents
you from getting
restful sleep.**

Can't fall asleep?

**Write the word "yawn"
on a piece of paper 10
times and read it.**

**Schedule time
for short naps**

**Between classes or
study sessions**

Napping Tips

**Stretch before
and after a nap
It will help you feel
better all day**

Security
Use your backpack as
a pillow and make
sure nothing valuable
is out

QUICK TIP

Try limiting power naps to 20-30 minutes to avoid interrupting a 90-minute sleep cycle. Naps early in the afternoon are best to avoid interrupting your night sleep cycle.