



## How to Get More Sleep

- Wind down 30 minutes to an hour before you plan on going to sleep. This time allows for your brain and your body to relax.
- Listen to some soft music or put on some "white noise" to muffle unwanted sounds.
- Take a warm shower. The warm muscles sooth tense, aching muscles.
- Avoid late night exercising and eating.
- Avoid caffeine, nicotine, and alcohol. All three can cause restless sleeping and frequent waking.
- Write down a list of all the things that you need to get done, and then tell yourself not to worry about them until tomorrow. If they are all written down, you won't forget.



## Sleeping Disorders

### Sleep Apnea:

- A serious sleep disorder that occurs when a person stops breathing repeatedly during their sleep. This sometimes happens hundreds of times during the night. Sufferers often have to wear masks to ensure constant oxygen flow.

### Insomnia:

- Insomniacs have difficulty initiating or maintaining sleep.  
Common Symptoms:
  - Difficulty falling asleep.
  - Waking up too early in the morning.
  - Having un-refreshing sleep.

### Restless Leg Syndrome (RLS):

- RLS is a sleep disorder that causes tingling, pulling, or painful sensations in the legs. RLS typically occurs in the evening, making it difficult to fall asleep.

<http://www.collegetidbits.com/college-life/College-Life-Do-I-Really-Need-to-Sleep.html>

<http://www.healthtree.com/articles/sleep-disorders/causes/students/>

<http://www.webmd.com/sleep-disorders/excessive-sleepiness-10/10-surprising->



# SLEEP



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## Why is Sleep Important?

College students, especially, lead stressful and busy lives, so it's absolutely necessary to get enough sleep.

- Research at Brown University has found that approximately **11%** of students report **good sleep**, while **73%** report **sleep problems**.

Reasons why everyone should be getting enough sleep:

1. Sleep help repairs your body.
2. Sleep keeps your heart healthy.
3. Sleep reduces stress.
4. Sleep improves your memory.

## What Happens When You Don't Get Enough Sleep?

- Attention, alertness, concentration, reasoning, and problem solving abilities are severely weakened. This makes it more difficult to learn efficiently.
- Chronic sleep loss can put you at risk for:

Heart Disease	Heart Attacks
Heart failure	Strokes
High Blood Pressure	

## Caffeine and Sleeping: How much is too much?

Caffeine affects the body in a number of ways:

- Stimulates Central Nervous System, causing an **increase** in heart rate.

Caffeine suppresses Melatonin for up to **10 hours**. It also promotes the supply of Adrenaline. This is the opposite of what we need to get a good night's sleep.



**500 to 600 mg** of caffeine a day (about four to seven cups of coffee or 3 cans of Monster Energy Drink®) can cause:

- Insomnia
- Nervousness
- Restlessness
- Irritability
- Nausea or other gastrointestinal problems
- Fast or irregular heartbeat
- Muscle tremors
- Headaches
- Anxiety

## Alcohol: How Does it Affect Sleep?



Getting the recommended 7 to 9 hours of sleep per night can be hard, especially for college students. It may be tempting to drink some alcohol to help you fall asleep but **having alcohol in your system will lead to a restless, interrupted night.**

- **Alcohol is a sedative**, but the effects do wear off 3-4 hours after drinking, this then causes people to wake up and stay awake for hours.

Alcohol causes maintenance insomnia (which is the inability to maintain sleep for the desired 7-8 hours that is needed.)

- After drinking alcohol, you cannot reach the Rapid Eye Movement (REM) stage of sleep which occurs in the second half of the night and is needed for you to feel rested in the morning.
- It slows breathing, and reduces the tone of muscles in the airway making breathing problems such as snoring and sleep apnea more likely.