

Turn Down



For Sleep?!!



Why We Need Sleep

Muscle/Cell Repair

Regulation of Hormones



Memory Consolidation



How Much Sleep Do You Need?

- * On average, college students need 9.25 hours of sleep!
- * Can't get that many hours or don't feel refreshed even when you do?
 - Try setting your alarm within a 90 minute interval. This ensures that you don't wake up during the deep part of a sleep cycle and will feel more refreshed even if you get less than the ideal.
- * Magic Sleep Totals:

1 Hour 30 Minutes	6 Hours
3 Hours	7 Hours 30 Minutes
4 Hours 30 Minutes	9 Hours

Consequences of Sleep Deprivation



- * Reduced immunity

- Frequent colds and infections

- * Weight gain

- Without sleep, the hormones that regulate normal feelings of hunger and fullness get out of whack.

- * Impaired motor skills and increased risk of accidents

- Driving tired can be very similar to driving tipsy due to the decrease in reaction time.

- * Increased risk of heart disease

- The heart gets a little break during sleep with a reduction in beats per minute and blood pressure

Sleeping in on the Weekend isn't enough...



- * **“Sleep debt”** is the difference between the amount of sleep that we should get and how much we actually get.
 - * The deficit grows every time we lose out on sleep.
- * **For a short-term debt:**
 - * If you missed 10 hours over the course of a week, sleep in a few extra hours on the weekend and go to bed an hour or two earlier per night during the week until you catch up.
- * **For a long-term debt:**
 - * Chronic sleep deprivation is harder to cure... Schedule a vacation with a light schedule, turn off the alarm clock, and allow your body to wake naturally for a few days

Back Sleeper

- * **Pro: Great for spine support!**
- * **Con: Makes snoring and sleep apnea worse.**



Side Sleeper

- * **Pro:** Left side eases heartburn and acid reflux.
- * **Con:** Puts pressure on organs. Restricts blood flow to arm.



Stomach Sleeper

- * **Pro: Eases snoring and some sleep apnea.**
- * **Con: Can lead to lower back pain. Strains the neck.**



Tips and Tricks



- * Go to bed and set your alarm for the same time everyday.
- * Schedule in time for adequate sleep
- * Make sure your bedroom is cool, quiet, and comfortable
- * Establish a nightly bedtime routine to wind down
- * Avoid caffeine after 2p.m.



Tips and Tricks Continued



- * If you nap, taking a power nap of no longer than 20 minutes during the day has been found to be the most refreshing.
- * Don't study or do other work on your bed-you body will associate it with being awake.
- * Don't drink alcohol within 3 hours of bed; it may make you sleepy, but disrupts the sleep cycle.
- * Write down troubling thoughts so you won't worry about them at night.



Resources @ BSU

* Counseling Center

- * Individual & group therapy; massage chair
- * Lucina Hall 320; (765)285-1736

* Office of Health, Alcohol and Drug Education

- * Massage chair
- * 2nd floor of the Health Center; (765)285-3775

* Student Recreation & Wellness Center

- * Fitness classes, massage therapy
- * (765)285-1753