

Importance of Sleep

How much sleep is enough?

Young adults need 7-9 hours of sleep per night but may need up to 10 hours, especially before big tests or competitions. Sleep needs vary from person to person.



Effects of Sleep Deprivation

Poor focus & recall, inflammation, poor decision-making, irritability, exaggerated stress response, low energy, decreased immune function, and increased risk of depression and anxiety.

Did You Know?

Many teens and young adults have a delayed internal clock of 1-3 hours, meaning they aren't ready for sleep until midnight or later.

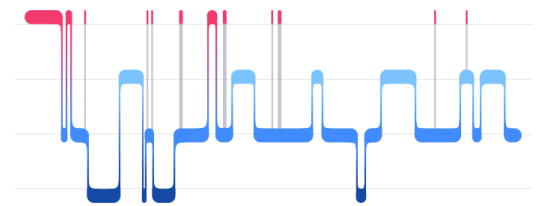
Stages of Sleep

Stage 1: Light sleep - brief

Stage 2: Transition of light to deep sleep

Stages 3 & 4: Deep sleep

Rapid Eye Movement (REM): Dreaming, muscle paralyzed



New learning is consolidated during sleep

Deep Sleep: the brain files away facts learned that day

REM Sleep: the brain integrates those facts into existing knowledge



This is why all-nighters can do more HARM than good!

Sleep Tips for Restful Nights



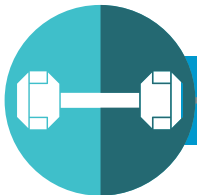
Your bed is for SLEEP, not for studying or watching TV

Sleep in a dark, quiet, and cool room



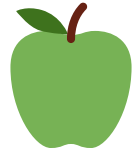
If you can't fall asleep within 20 minutes, don't stay in bed

Avoid caffeine, alcohol, nicotine 4-6 hours before bed



Get regular exercise; avoid intense exercise 1+ hours before bed

Eat only a light snack before bedtime; no heavy meals



Create a calming bedtime routine that starts 30 minutes before bed

Use relaxation techniques before bed & if you wake at night



Get an actual alarm clock and keep devices away from bedside

Avoid late afternoon or evening naps



Avoid stressful people and tasks 1 to 2 hours before bed