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

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