Think Sleep Doesn’t Affect Your Health?

DREAM ON!
Sweet Dreams Are Made of These

• **8-9 hours** per night
• Establish a **sleep schedule** – go to bed and wake at the same time every day
• Avoid **caffeine, alcohol, nicotine, and exercise** at least 2-3 hours before bedtime
• Only use your bed for sleep and sex
• **Manage your stress** – stress can often be the cause of sleep troubles
• Avoid watching television in bed
• Restrict **naps to 20 min or less**
• Establish a **bed time ritual** like listening to soothing music or taking a bath that can help cue the mind and body for sleep
• Keep a **sleep journal**
Lack of Sleep

- Interferes with memory consolidation and processing speeds
- Weakens immune health
- Decreases energy levels
- Can hinder athletic performance
- Decreases ability to focus
- Associated with lower GPA
- Continued lack of sleep can lead to chronic illness such as diabetes, high blood pressure, and heart disease

Sleep Disorders

Sleep Apnea: Breathing is disrupted during sleep (sometimes up to 400 times per night)

Common Symptoms
- Waking with a dry/sore throat
- Loud Snoring
- Choking/Gasping
- Restless sleep

Treatment
- Sleeping on your side
- Weight loss (if overweight)
- Mouth pieces
- Continuous Positive Airway Pressure (CPAP)
- Surgery
Adults who sleep < 7 hours a night report higher rates of difficulty concentrating, working on hobbies, performing employed or volunteer work.
Naps longer than 20 minutes can make you wake feeling less rested and disrupt your normal sleep patterns.
Alcohol use is associated with multiple awakenings, shallow sleep, decreased REM sleep, and increases the severity of sleep disorders like snoring and sleep apnea.
When Should I Get Help?

Consider seeing your clinician if you:

**Sleep-walk**

- Have nightmares or night terrors (the experience of awakening in a terrified state without recollection of a dream) that interrupt your sleep

- Have been told by someone that you stop breathing during sleep, especially if you have morning headaches or fall asleep easily during the day

- Are unable to fall asleep for more than 30 minutes after going to bed 3 or more nights per week for 4 weeks or more

- Fall asleep at inappropriate times even after a night of adequate sleep