A good night’s sleep is essential for good health!

LET’S CU SLEEP

For more information and support around sleep, visit www.gannett.cornell.edu and type “sleep” into the search bar.
•Hours 6-9 is where the “magic” happens.
Stages of Sleep

**Entry into Sleep**
- Body temperature, heart rate and breathing slow down.
- Muscles relax and conscious awareness of the external environment gradually disappears.

**Slow Wave Sleep**
- Stages 3 and 4 of the sleep cycle are called “slow wave sleep,” “delta sleep,” or “deep sleep.”
- Slow wave sleep is the most restful form of sleep and restores the body.
- Knowledge retrieval (declarative memory) benefits from early, slow wave-rich sleep.

**Rapid Eye Movement (REM)**
- The brain consolidates and processes the information learned during the day.
- REM forms neural connections that strengthen memory.
- REM replenishes the brain’s supply of neurotransmitters, including feel-good chemicals such as serotonin and dopamine that boost mood during the day.
- Muscle memory (procedural memory) benefits from late, REM-rich sleep.
Note: The biological clock for individuals up to age 25 is shifted two hours later (e.g. melatonin secretion starts at 23:00)
An infographic look at how TECHNOLOGY affects SLEEP

Gone are the days when all a bedroom contained was a bed, clothes and a few personal items. Modern bedrooms are now filled with a range of technology and gadgets, which means we have got constant access to our phones, tablets, games and more. But how does all this modern technology affect our sleeping patterns? Find out with our infographic.

According to a National Sleep Foundation study...

- 60% of 13-64 year olds experience problems sleeping
- 63% of those surveyed did not feel they get enough sleep
- 15% of 19-64 year olds get less than 6 hours on weekdays
- 95% use electronics in the hour before they went to sleep

A lack of sleep has been linked with...

- Ongoing depression
- Obesity
- Diabetes
- Cardiovascular disease
It’s not all bad news...

There are some technologies (both old and new) that you can use to help get that elusive good night’s sleep:

- Reading a book under an indirect lamp will help you relax and get a good night’s sleep.
- Having a journal by your bed will allow you to get thoughts out of your head.
- Listening to gentle or relaxing music will help you drift off and get a sound sleep.
- Ebook readers such as Amazon’s Kindle do not have a luminous display and will help.

If you want to get a better night’s sleep, cut out the technology use and opt for a non-luminous e-reader, music or a good old fashioned book. It’s also a good idea to get a comfortable, high-quality bed.
Sleep and your GPA

• During sleep, the brain actively works to strengthen memory circuits. It also helps to prioritize, re-organize, and consolidate the information, action, and skills you learned that day. This means you will have:

  • Improved recall of information
  • Increased ability to concentrate
  • Better performance of new skills

• Regular quality sleep is vital to achieving your best academic efforts. Sleeping 8-9.25 hours can improve memory performance by up to 25%.

Source: http://www.senseandsensation.com/2013/03/storage-ii-sleep-and-memory-part-7-of-14.html
Tips for Good Sleep

• Make time for sleep. Aim for 8 to 9.25 hours of sleep every night!
• Try to go bed and wake up at the same time every day.
• Exercise regularly, but not right before bed.
• Use your bed for sleep and relaxation only! Study somewhere else and keep your bed stress-free.
• Take some time to relax and wind down before bed by doing a relaxing activity like take a warm shower, listen to relaxing music or have a cup of herbal tea, etc.
• Avoid caffeine, alcohol, and other drugs before bed and stop using electronics 30-60 minutes before bed. These disrupt your sleep cycle and sleep quality.
• Make your room cool, dark, and quiet. Use a fan, sleep mask, or earplugs to achieve this.
• Keep a notepad next to your bed. If you can’t fall asleep, try writing down your thoughts or worries. Then put them aside and go back to bed!
The Power Nap

• Power naps of 20 - 30 minutes can make you more alert, boost cognitive functioning and reduce overall stress.

• Power naps are most effective in the afternoon.

• They are used to supplement normal sleep.

• The short duration of a power nap is designed to prevent you from sleeping so long that they enter a normal sleep cycle without being able to complete it.

• Going beyond sleep stages I and II but failing to complete a full sleep cycle can result in a phenomenon known as *sleep inertia*, where one feels groggy, disoriented, and even more sleepy than before beginning the nap.

• So, set that alarm on your phone and catch 20 - 30 minutes of sleep!