

Sleep and Health

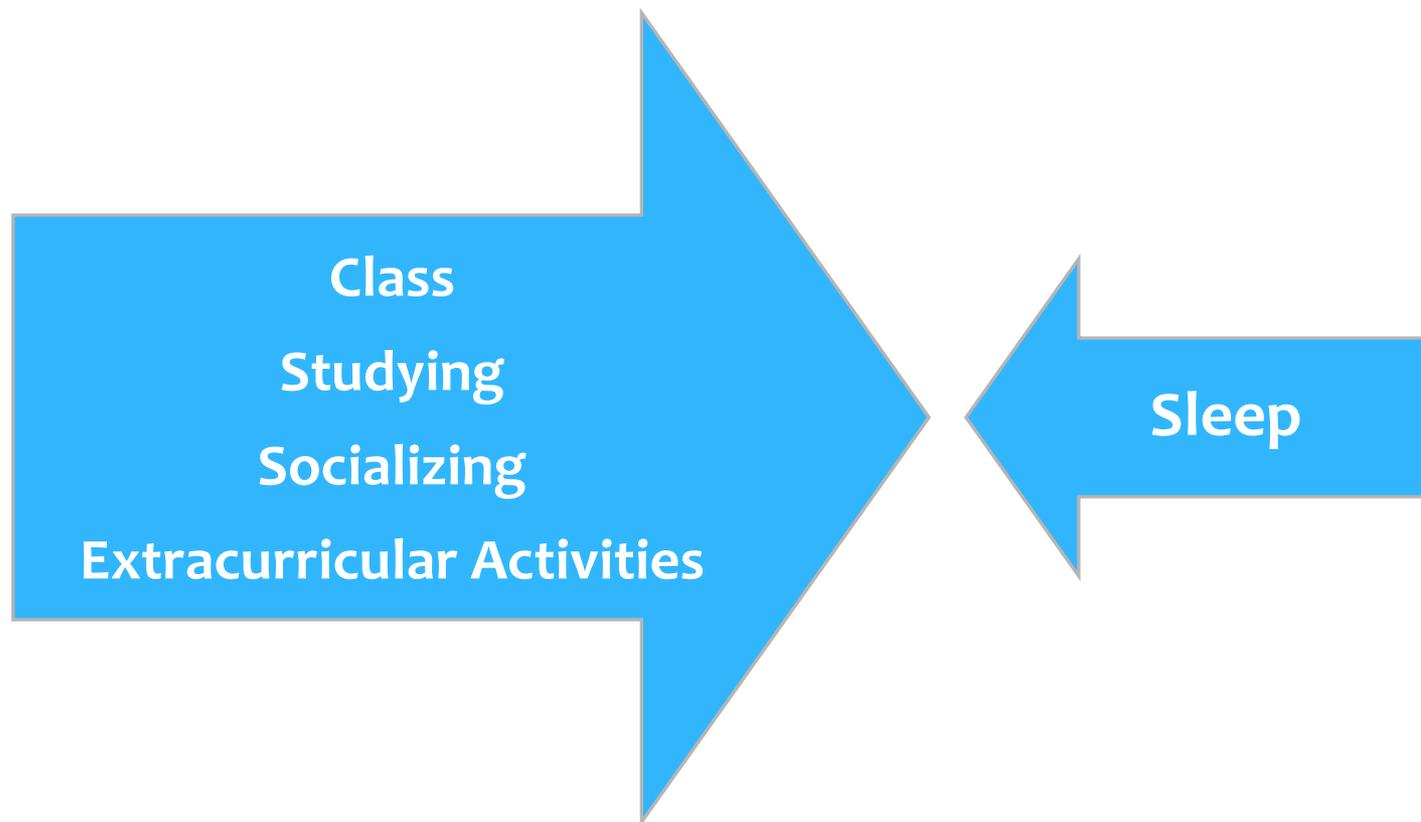
Southwestern University
Counseling and Health Center



Zzzzzzz

The Challenges

- * The College lifestyle interferes with health





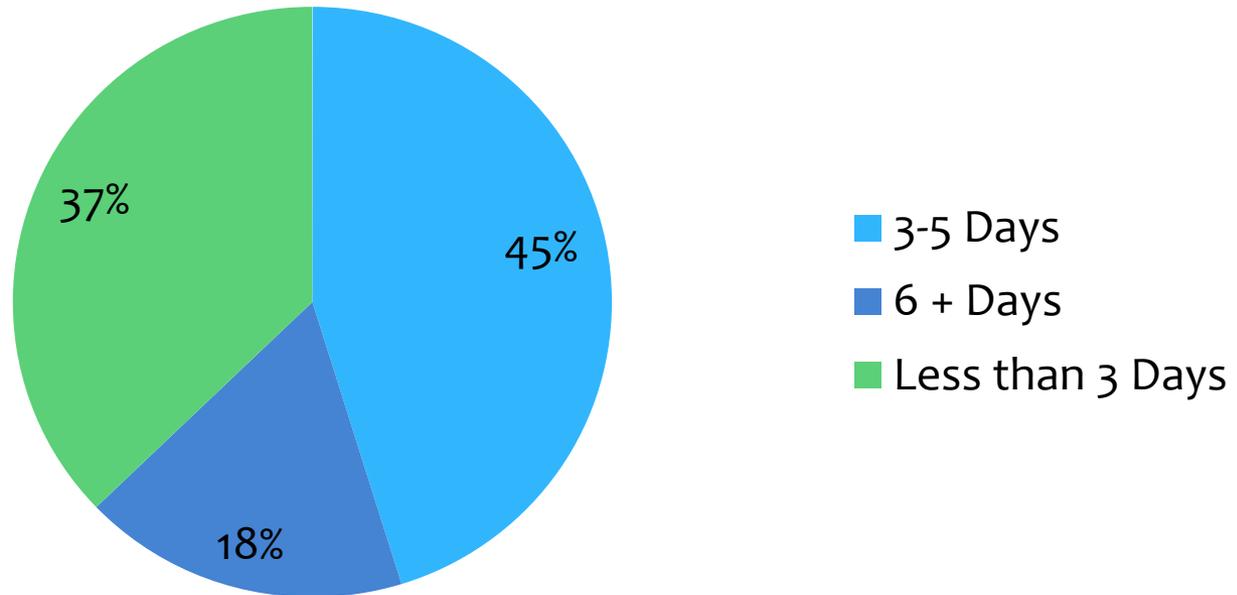
Zzzzzzz

The Challenges

- * 87% of students felt overwhelmed by all they had to do (within the past 12 months)
- * 22.4% of students reported that “Sleep Difficulties” negatively affected their academic performance.



Number of Days Student's Reported Feeling Sleepy During the Week



- * 45.2% of students felt tired, dragged out, or sleepy during the day 3-5 days of the week
 - * 17.6% for 6+ days



Zzzzzzz

Physiology of Sleep

- * Sleep is considered to be a function that is restorative to our bodies
- * Sleep affects how we look, feel and perform on a daily basis
- * Sleep contributes to a healthy immune system
- * There are different stages of sleep



Stage 1

- **Non-Rapid Eye Movement Sleep**
- Slow rolling eye movements are present – Between being awake and asleep

Stage 2

- **Non-Rapid Eye Movement Sleep**
- Onset of sleep, become disengaged from surroundings, breathing and heart rate are regular, body temp drops

Stage 3

- **Non-Rapid Eye Movement Sleep (deepest and most restorative)**
- Muscles are relaxed, tissue growth and repair occurs, energy is restored

Stage 4

- **Non-Rapid Eye Movement Sleep (deepest and most restorative)**
- Muscles are relaxed, tissue growth and repair occurs, energy is restored

Stage 5

- **Rapid Eye Movement Sleep (25% of the night)**
- Alternates with NREM Sleep, provides energy to brain and body
- Dreams are most vivid during this stage



A white thought bubble with a black outline, containing the text 'Zzzzzzz'. It is connected to the main title area by two smaller circles of decreasing size.

Zzzzzzz

What Happens When We Are Sleep Deprived?

- * **Decreased Attention Levels** (simple/alert attention, divided attention, selective attention, orienting attention)
- * **Increased Tension, Irritability, and Depression**
- * **Poor decision making & Cognitive impairment** during situations that are unfamiliar or unexpected
- * **Academic Performance** can suffer

“Poor sleep can affect not only a person’s physical and mental health, but it can even impair moral judgement”

Zzzzzz

Sleep & Disease

* SHORT-TERM CONSEQUENCES



“You look tired today”

“Why am I so agitated with everything lately?”

Sleep regulates hormones that play a role in our feelings of hunger and fullness

* LONG-TERM CONSEQUENCES



Zzzzzz

What's Recommended?

| AGE | RECOMMENDED AMOUNT OF SLEEP |
|---------------|--------------------------------------------|
| TEENS | 9-10 hours a day |
| ADULTS | 7-8 hours a day |



Zzzzzzz

Tips – “Use Your Senses”

* TOUCH

- 
- * Find a temperature for your body to effectively sleep. Experts say that a cool room around 65 degrees makes for best sleep.
 - * Find a comfortable mattress and pillows

* SIGHT

- 
- * Make your room dark – blackout curtains
 - * Declutter your room to promote relaxation and peacefulness – Take care of your sleep environment
 - * Avoid screen time before bed - The light can affect your sleep patterns.



Zzzzzz

Tips – “Use Your Senses”

* HEAR



- * Keep your room quiet – Turn off TV’s before you fall asleep
- * Use “White Noise” – If you are in an area that has more background noise, then the use of white noise can help to block everything else.

* SMELL



- * Certain smells may help your sleep – Lavender has been shown to put you in a relaxed state
- * Keep your sheets fresh – the fresh scent is more relaxing
- * Treat your allergies – Sniffling and Sneezing breaks up your sleep

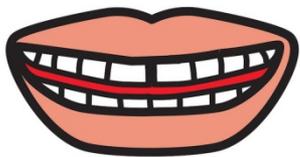


Zzzzzzz

Tips – “Use Your Senses”

* TASTE

- * Avoid drinking too much caffeine – If you have to drink coffee, try to cut it off by a certain time of the day
- * Avoid Nicotine– stimulants keep your brain awake
- * Avoid Alcohol – This affects your sleep patterns
- * Eat healthy and avoid heavy meals before bed time





Zzzzzzz

College Specific Tips

- * Keep an “At a Glance” Calendar with all of your major tests and activities
 - * Use this to plan ahead for studying in order to make sure that you are not taking away time for sleeping
- * Stay on a schedule – whether this is for studying or going to bed, cut yourself off at a certain time



Zzzzzzz

What If The Tips Don't Work?

- * You should meet with your doctor if you still have trouble sleeping.
- * Your Doctor can provide you with prescription medication IF needed
- * Your Doctor could diagnose you with an underlying condition that is contributing to your sleep problems
- * Your Doctor could diagnose you with a sleep disorder



Zzzzzz

Sleep Disorders

* **Insomnia**

- * Difficulty falling asleep or staying asleep, even when a person has the chance to do so.
- * Fatigue, low energy, difficulty concentrating, mood disturbances, and decreased performance in work or school

* **Sleep Apnea**

- * Breathing is briefly and repeatedly interrupted during sleep.
- * Muscles in the back of the throat fail to keep the airway open, despite efforts to breath.

* **Narcolepsy**

- * Caused by the brain's inability to regulate sleep-wake cycles normally. Sleep attacks, insomnia, dream-like hallucinations.

* **Restless Leg Syndrome (RLS)**

- * Overwhelming urge to move the legs when they are at rest.
- * Usually accompanied by unpleasant sensations.



What Resources Are Available To Help You?

- * **Schedule an appointment** with a doctor
 - * You might have a real sleep problem that is negatively impacting your health
- * **Schedule an appointment** with a counselor
 - * If you are dealing with problems that are affecting your emotions, then talking to a professional might be a great option for you
- * **Meditation Mondays** – Monday's at 12:20 in Prothro Health Center
 - * Learn how to breath, practice mindfulness, and relax. Use these strategies before bedtime!



Zzzzzzz

Contact Information

- * **SU Counseling and Health Center**
 - * Located in Prothro Center for Lifelong Learning
 - * Suite 200
 - * **CALL** 512-863-1252 to schedule an appointment for Health and/or Counseling



SOURCES

- * American College Health Association. (2014). National college health assessment. Retrieved from http://www.acha-ncha.org/docs/NCHA-II_WEB-PAPER_SPRING2014_UNDERGRAD_REFERENCEGROUP_EXECUTIVESUMMARY.pdf
- * Buboltz, W. C., Brown, F., & Soper, B. (2001). Sleep habits and patterns of college students: A preliminary study. *Journal of American College Health*, 50(3), 131-135.
- * Centers for Disease Control and Prevention. (2014, December 10). Sleep and sleep disorders. Retrieved from http://www.cdc.gov/sleep/about_sleep/key_disorders.html
- * Eliasson, A. H., Lettieri, C. J., & Eliasson, A. H. (2010). Early to bed, early to rise! Sleep habits and academic performance in college students. *Sleep Breath*, 14, 71-75. doi:10.1007/s11325-009-0282-2
- * Nyer, M., Farabaugh, A., Fehling, K., Soskin, D., Holt, D., Papkostas, G. I., & Pedrelli, P. (2013). Relationship between sleep disturbance and depression, anxiety, and functioning in college students. *Depression and Anxiety*, 30, 873-880. doi:10.1002/da.22064
- * National Sleep Foundation. (2015). Healthy sleep tips. Retrieved from <https://sleepfoundation.org/sleep-tools-tips/healthy-sleep-tips>
- * National Sleep Foundation. (2015). Inside your bedroom: Use your senses!. Retrieved from <https://sleepfoundation.org/bedroom/>
- * Kumar, V. M. (2008). Sleep and sleep disorders. *The Indian Journal of Chest Diseases & Allied Sciences*, 50, 129-136.