



# Who has time for SLEEP?

the benefits  
from sleeping, and  
the harm from not



## Facts

- Sleep deprivation hinders your ability to store information in the brain, so as good as it sounds to pull an all nighter before an exam, it won't do you any good.
- The average college student needs between 7 and 8 hours of sleep per night.
- Your body creates a sleep debt and eventually will demand it be repaid. Anything less than 7 hours adds up in your sleep bank.
- Even if you get used to sleeping less than you need every night your judgement, reaction time, and other functions are still impaired.
- Too little sleep creates memory problems, depression, weakening of your immune system, and an increase of pain perception.
- Driver fatigue is responsible for an estimated 56,000 motor vehicle accidents and 1,500 deaths each year according to the National Highway Traffic Safety Administration. Caffeine and other stimulants cannot overcome the effects of severe sleep deprivation.

## Steps to Better Sleep

- Maintain a regular bed and wake time schedule including weekends, holidays, and days off.
- Eat right, sleep tight. Finish eating at least 2-3 hours before your regular bedtime.
- Establish a regular, relaxing bedtime routine such as soaking in a hot bath or hot tub and then reading a book or listening to soothing music.
- Get comfortable. Create a room that's ideal for sleeping. Sleep on a comfortable mattress and pillows and keep your bedroom quiet, dark, and comfortable.
- Limit napping. Long daytime naps can interfere with nighttime sleep — especially if you're struggling with insomnia or poor sleep quality at night.
- Exercise regularly and at a right time for you. It is best to complete your workout at least a few hours before bedtime.
- Cut caffeine (e.g. coffee, tea, soft drinks, chocolate) close to bedtime.
- Restrict nicotine (e.g. cigarettes, tobacco products).
- Avoid watching TV, eating, and discussing emotional issues in bed.
- Manage stress. When you have too much to do — and too much to think about — your sleep is likely to suffer. Consider healthy ways to manage stress. Start with the basics, such as getting organized, setting priorities and delegating tasks. Give yourself permission to take a break when you need one. Share a good laugh with an old friend.