

Sleep Tight: A lesson on sleep hygiene



Alysha Stucker, BA
Vicky Thomas, BA

Objectives

- We will learn:
 - barriers to a good night's sleep
 - the importance of quality sleep
 - the negative side effects of sleep deprivation
 - what sleep hygiene is

Check-in

- On a scale of 1-10, how would you rate your sleep last night?
- How did you feel today?
 - Were you rested, or tired?
 - Did you have ample energy?
- How are you feeling right now?
- What did you learn about sleep growing up?



COLLEGE AND SLEEP

Is this you?

- 36% of 18 – 29 year olds have difficulty waking up in the morning
- 22% are late to school/work due to sleepiness
- 40% sleep at school/work at least two days a week
- 20% report pulling a “weekday all-nighter” once per month; 2/3 at least once per semester
- 35% report staying up until 3 am once a week

I tried to fall asleep...

- College students at Central Michigan University:
 - One third took more than 30 minutes to fall asleep
 - 43% woke more than once per night
 - Many reported later bed and wake times on weekends disrupting their circadian rhythm

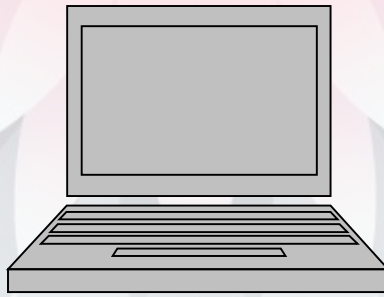
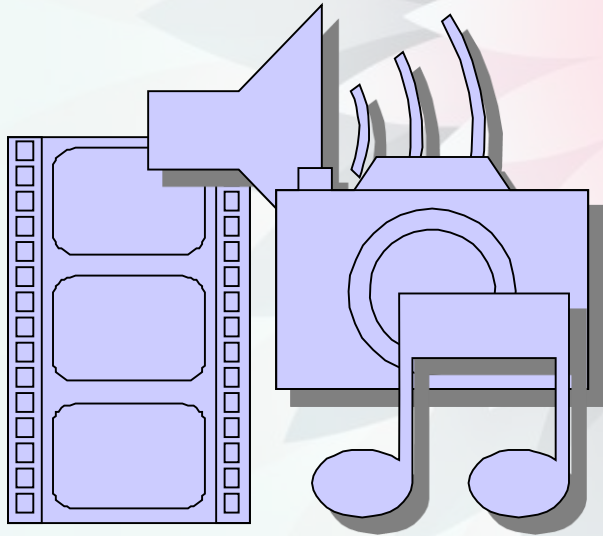
Academics & Sports

- 12% of students who reported poor sleep habits skipped class or fell asleep in class 3 or more times in a month
- All-nighters associated with lower GPA
- College basketball players showed increased performance with 10 hours of sleep
 - Ran faster & made more shots in a game period



WHY CAN'T I FALL ASLEEP?

College Life




Substance use and abuse

- Stimulants (coffee, soda, energy drinks, nicotine)
- Prescription medication
- Alcohol
 - Makes you drowsy, reduces sleep quality by increasing awakenings, prevents deep sleep
- Marijuana
 - THC decreases slow wave sleep and rapid eye movement
 - takes one week of abstinence for sleep to return to normal

Stress!

- Managing obligations:
 - School
 - Work
 - Family
- 68% worry about school and life
 - 1/5 reported this happens at least once per week
- Less than 1/3 of 1,125 surveyed reported getting 8 hours of sleep on average



I'm young

WHAT'S THE BIG DEAL?

I'm tired, but I'll be fine

- Decreased cognitive and motor skill performance:
 - After 24 hours without sleep your brain activity is similar to a BAC of 0.10 percent
 - Reaction times lengthened
 - Concentration decreases
 - Mistakes increase
 - Memory and logical reasoning decrease

Driving Drowsy Kills

- 18-29 year olds:
 - 60% driven while drowsy
 - 25% have dozed off
 - 22% drive faster when tired
- National Highway Traffic Safety Administration “Drowsiness cause of 100,000 accidents each year killing >1500 and injuring 71,000
 - 18 – 29 year olds caused more than half

Physical Health

- Immune system compromise
- Blood pressure increases
- Hormone functioning changes
- Cardiovascular system problems (5 nights of sleep deficit stress on heart is detected)
- Weight gain (freshman 15)
- Extremes: seizure, stroke and heart attacks
- Body repairs itself during sleep

Mental Health



- Lack of adequate sleep associated with increased:
 - Irritability
 - Anxiety
 - Depression
 - Behavioral problems



SLEEP HYGIENE

Go to Bed Sleepy Head

- How much is enough?
- National Sleep Foundation says adults need 7-9 hours a night
 - Individual needs vary
- Know your optimal amount of sleep
 - when was the last time you went one week and felt rested and “on the top of your game” everyday?

What Can I do?

- **Sleep diary** - explore your own patterns
- **Be Consistent** - weekends too! Avoid “sleep debt”, no all-nighters
- **Catch up** – takes 2 nights
- **Limit napping** – once/day early afternoon no more than 30 minutes, never after 3 pm
- **Don't lie in bed awake-** if awake after 20 minutes, get up, do a relaxing activity, try again

Sleep Tight

- Create a calming atmosphere
 - Sleep and sex in bed, nothing else
 - No light/No noise
 - Turn off TVs, tablets, computers, & phones
 - Keep bedroom temperature cooler
 - Calming Routine:
 - Warm shower/bath
 - Mellow music
 - Guided Imagery
 - Meditation, Yoga, and Mindfulness

What Else?

- Exercise daily
 - 3 hours before bedtime, increases deep sleep
 - decreases awakenings
- Eat well
 - Save heavy meals for early in day
- Sun exposure everyday
 - trains your internal clock
- Monitor substance use

Chill Out!



Fall Asleep in 10 minutes: Relaxing Talkdown to Sleep
<http://www.youtube.com/watch?v=O7GILLrAFnU>

Help at UCCS

- When to get help
 - Persistent insomnia can be serious
 - difficulties falling asleep, waking up often during the night, trouble going back to sleep, waking up too early, unrefreshing sleep, difficulty functioning
- UCCS Counseling Center 255-3265
- UCCS Student Health Center 255-4444

Resources

- <http://www.sleepfoundation.org/primary-links/how-sleep-works>
- <http://www.mayoclinic.com/health/meditation/MM00623>
- <http://www.mayoclinic.com/health/yoga/MM00650>
- http://www.counseling.sdes.ucf.edu/self-help/media_downloads.html
- www.mu.edu/counseling
- <http://www.nhtsa.gov/>
- UCCS Counseling Department – Susan Swank presentation