Statistics

- More than 1/3 of Americans have trouble sleeping every night
- 51% of adults say they have problems sleeping at least a few nights each week
- 51% of all Americans say they would feel somewhat or extremely frustrated if they lost an hour of sleep at night and it wasn’t by choice
- 18% of college men and 30% of college women report having suffered from insomnia in the past 3 months
- Prescriptions for sleepng pills topped 56 million in 2008 - up 54% from 2004- with over $5 billion in sales in 2010
Myths about Sleep

- **Myth 1:** Getting just one hour less of sleep will not affect your daytime productivity

- **Myth 2:** Extra sleep at night can cure daytime exhaustion

- **Myth 3:** You can make up for lost sleep during the week on the weekends
Sleep Deprivation

Signs and Symptoms

- Having a hard time getting out of bed in the morning
- Feeling sluggish in the afternoon
- Feeling sleepy in meetings, lectures, or warm rooms
- Falling asleep while watching TV in the evening
Why is sleep important?
Cognitive Aspects

• Sharpens attention span
• Helps you store memory
• Assists in improving your grades and ability to learn
Physical Aspects

- Healthy weight and skin
- Improves physical performance
- Body secretes vital hormones while sleeping. These hormones help fight body infections, and repair body tissues caused by injuries
Mood & Psychological Problems

- Less irritable
- Less prone to depression
- Lower stress levels
Basically, a well-rested sleep:

- Enhances memory and mental clarity
- Improves athletic performance
- Boosts mood and overall energy
- Improves immune function
- Increases stress tolerance
Not Enough Sleep Can...

Cause you to act as if you are driving with a blood alcohol content of 0.08%

Cause dramatic changes in your appetite and food intake

"An occasional all-nighter is part of the college experience, but it normally takes 3 days to recover from one."
HOW MUCH SLEEP DO WE REALLY NEED?

NEWBORNS (0-2 mos) 12-18 HOURS
INFANTS (3-11 mos) 14-15 HOURS
TODDLERS (1-3 years) 12-14 HOURS
PRESCHOOLERS (3-5 years) 11-13 HOURS
SCHOOL AGE CHILDREN (5-10 years) 10-11 HOURS
TEENS (11-17 years) 8.5-9.5 HOURS
ADULTS (18+) 7-9 HOURS
Stages of Sleep

Awake

Stage 1 sleep

Stage 2 sleep

Stage 3 sleep

Stage 4 sleep

REM sleep
How to sleep better

- Set a regular bed time
- Wake up at the same time every day
- Be smart about napping
  - 20-30 Minutes
- Winding down time—artificial light limits
- Avoid caffeine, nicotine, and alcohol after 3 PM
The Power of Exercising

- Keeps joints in good condition
- Strengthens lungs
- Builds stamina
- Improves balance
- Gives you more energy

- Fall asleep more quickly
- Relax and cope with stress
- Builds confidence
- Sleep more soundly
References

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