Sleep Tight: A lesson on sleep hygiene

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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?
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=O7GlLLrAFnU
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