



Sleep deprivation in college students



FACTS

- About **63%** college students do not get enough sleep.
- Students need about **9 hours of sleep**, yet are only getting an average of 6 hours of sleep a night.



- More than **40%** of **adults** have sleep complaints, but among **students**, **71%** have sleep complaints (compared to 1978 when in average 24% of students had trouble sleeping)
- Historically viewed we take and also need **an hour** of sleep **less** than 25 years ago; we go to bed **1-2 hours later.**
- Sleep is a good weight losing factor – approximately we burn up **650 calories in 8 hours**, which is almost the same than **playing tennis** an hour and a half.

Consequences of sleep loss

- Grogginess, drowsiness
- muscle fatigue,
- irritability,
- inability to wake up without an alarm (you should be able to wake up naturally),
- mood swings,
- inability to concentrate,
- weakened immunity,
- depression, anxiety.



Common reasons for lack of sleep

- **Busy schedule** – students often lose sleep as they try to ballance busy schedule (classes and work) and at the same time experience their sleeping patterns;
- **Worries** – whether a big exam or a competition is coming, or if personaly troubles appear;
- **Drugs, medications, diet pills, steroids** – some improve sleep, but some reduce the quality of sleep or even cause lack of sleep if are consumed before bedtime.

What can we do to improve our sleep?

- **EXERCISE!**

It can help establish healthy sleeping patterns and makes it easier to fall asleep at the end of the day.

- **PLAN THE NAPS PROPERLY!**

Napping can be helpful, if you do it once a day in the early afternoon and for no more than 20-30 minutes.



- **BEDS ARE MEANT FOR SLEEPING!**

Don't study or do other types of work in your bed.

- **CREATE A GOOD SLEEP ENVIRONMENT!**

It should be dark, quiet and comfortable (including mattress and pillow!).

- **GET USE TO!**

... A regular going to bed and waking time.

- **AVOID!**

Tobacco, chocolate (caffeine) or alcohol before bed.

- **FINISH!**

Stop eating or exercising 2-3 hours before going to bed. Long baths before sleeping may disturb your sleep too.



In conclusion

No matter what our sleep habits are, how, where or
how much we sleep...

Important is, how our sleep benefits us.

In fact there will always be someone, who will sleep
on a funnier way than we do.



Stove is off, FYI

