

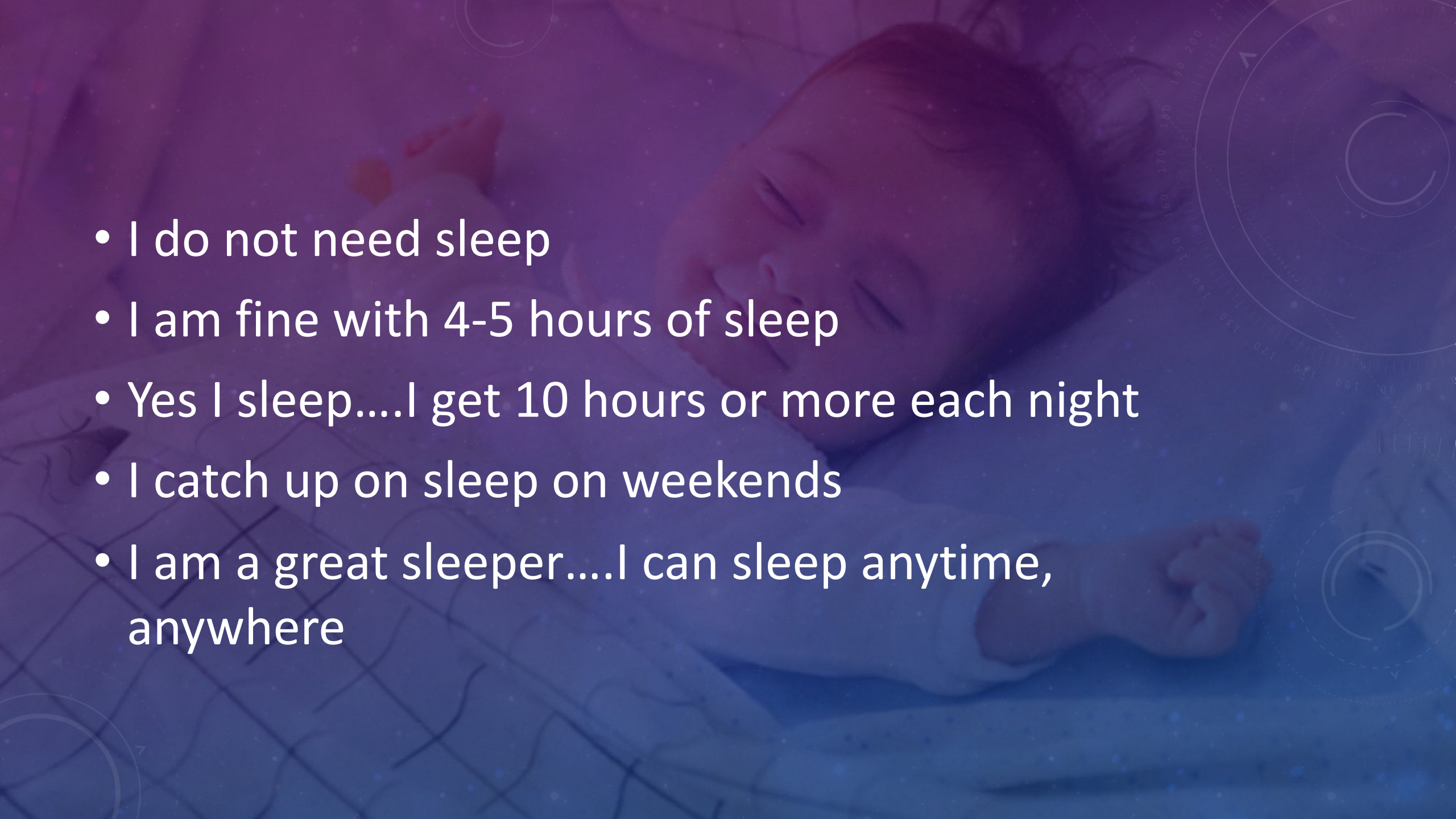
# SLEEP: THE UNDERRATED SUPERPOWER

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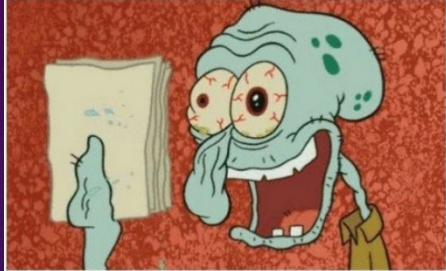
MANAGER/EMPLOYEE HEALTH & WELLNESS

CENTRAL HEALTH IMPROVEMENT PROGRAM - CMU

- 
- I do not need sleep
  - I am fine with 4-5 hours of sleep
  - Yes I sleep....I get 10 hours or more each night
  - I catch up on sleep on weekends
  - I am a great sleeper....I can sleep anytime, anywhere



## Pulling an “all-nighter”



**Night before the exam**

or



**4 days of less than 6  
hours of sleep**



**Impaired Function**



## Intoxicated/Inebriated



**16 hrs awake = 0.05**

**22 hrs awake = 0.08**

**26 hrs awake = 0.1**

<https://www.facebook.com/peoplemag/videos/276317876424749/?t=1>



# SLEEP DEPRIVATION IS THE NEW SMOKING







SLEEP

## SLEEP WELLNESS

- Why we need sleep?
- What is sleep?
- How to get better sleep?



# SLEEP WELLNESS

## WHY SLEEP?

- Science suggests that we sleep to:
  - Adapt
    - Inactivity Theory
  - Conserve
    - Energy Conservation Theory
  - Restore
    - Restorative Theory
  - Develop
    - Brain Plasticity Theory



# SLEEP WELLNESS

## WHY IS SLEEP IMPORTANT?

Getting an adequate amount of quality sleep:

- Improves Brain Function
  - Improves your ability to learn.
  - Improves your memory.
  - Improves your decision making ability.
  - Improves problem solving skills.
  - Improves grades.
- Improves Emotional Wellbeing
- Improves Physical Health
- Improves Job Performance and Safety.



## Go for at least 8!

Students who get 6 or fewer hours of sleep per night feel more tired, sad, and stressed



## Want more A's? ...get more *Zzzz's!*

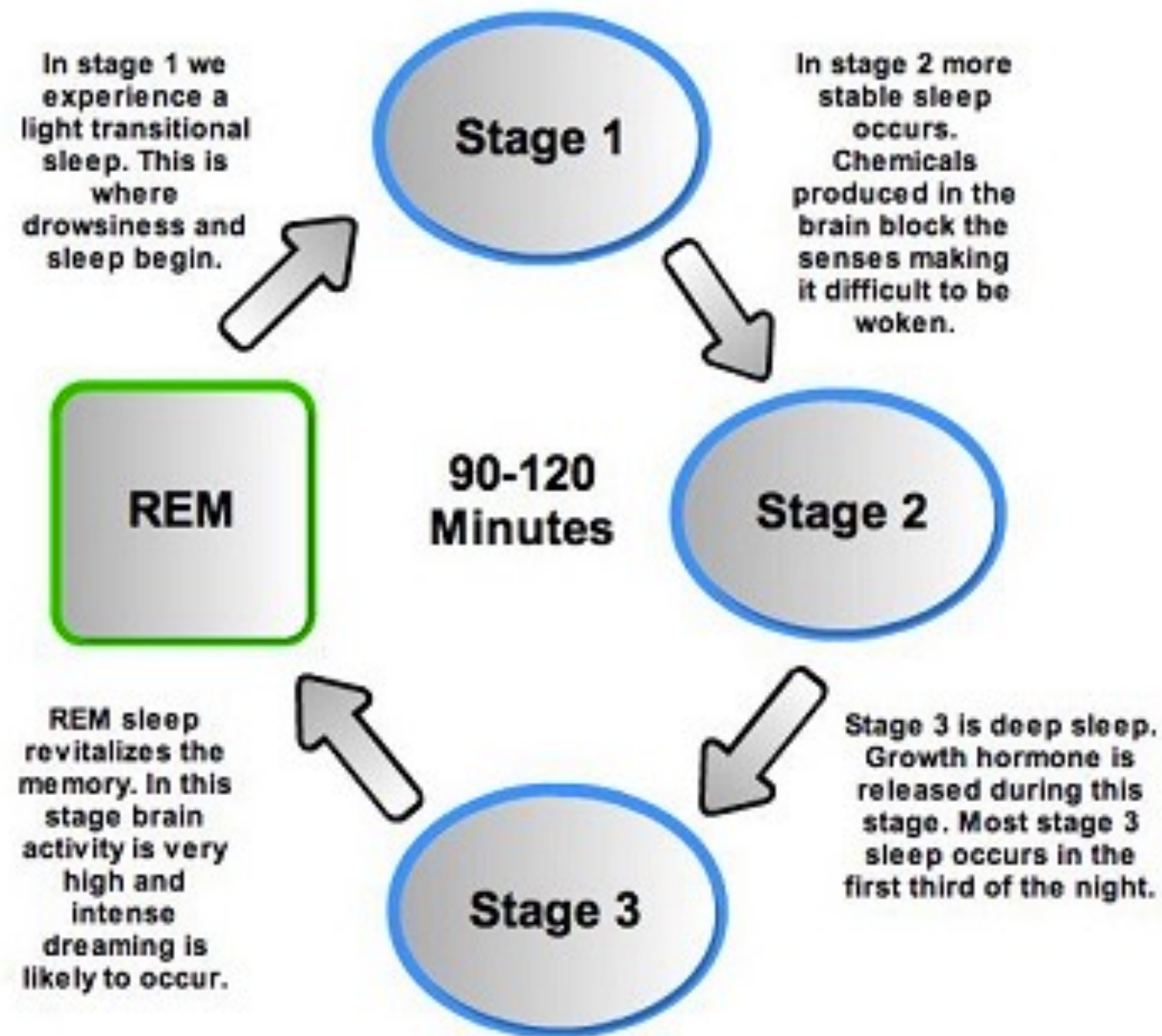
Students who sleep at least 7-8 hours have a higher GPA than those who get 6 or fewer



# SLEEP WELLNESS

## WHAT IS SLEEP?

Sleep is a series of stages that transition from non-rapid eye movement (non-REM) to rapid eye movement (REM) for 1 or more hours that alternate in cyclical fashion.



# HOW MUCH SLEEP IS RECOMMENDED?

Age	Recommended Hours of Sleep
Newborns (0 - 3 months)	14 -17 hours a day
Infant (4 -11 months)	12 -15 hours a day
Toddler (1-2 years)	11 - 14 hours a day
Preschool-aged children (3 - 5 years)	10 - 13 hours a day
School-aged children (6 - 13 years)	9 - 11 hours a day
Teenagers (14 - 17 years)	8 - 10 hours a day
Young Adult (18 - 25 years)	7 - 9 hours a day
Adult (26 - 64 years)	7 – 9 hours a day
Older Adult (65+ years)	7 - 8 hours a day

The average college age adult should get about 8 hours of sleep per day.





## WHAT ABOUT NAPPING?

- Napping is a good option for reaching 7-9 hours of sleep if you can't get it all at night
- 10-30 minute naps
- Avoid long naps
- Avoid napping too close to bedtime







# SLEEP WELLNESS

## TIPS FOR GETTING QUALITY SLEEP

- Develop a regular sleep schedule everyday of the week.
- Create a bedtime routine that works for you.
- Exercise regularly, but not too close to bedtime
- Avoid alcohol, caffeine, and nicotine before bed.
- Get plenty of natural light during the day and keep things dark at night – circadian rhythm
- Invest in blue light blocking glasses or turn screens off 1 hour before going to bed – blue light suppresses production of melatonin
- Keep bedroom quiet, dark, comfortable and cool – 60° to 67°
- Use sleep mask and/or earplugs to limit light and noise
- Listen to white noise – Calm app

*sweet  
dreams*

