



S.T.A.H.L. NEWS

STUDENTS TALKING ABOUT HEALTHY LIFESTYLES

Brought to you by Health and Wellness Promotion at the Center for Health and Well-Being

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SLEEP AWARENESS

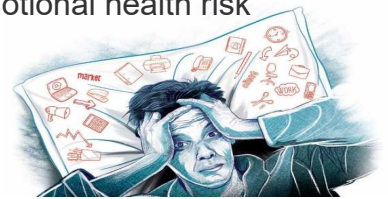
Launched in 1998, Sleep Awareness Week is National Sleep Foundation's (NSF) national public education campaign that celebrates sleep health and encourages the public to prioritize sleep to improve health and well-being.

Why Is Sleep Important

It restores our energy, fights off illness and fatigue by strengthening our immune system, helps us think more clearly and creatively, strengthens memory and produces a more positive mood and better performance throughout the day. Sleep isn't just a passive activity and something to fill the time when we are inactive, but rather it is an active and dynamic process vital for normal motor and cognitive function.

Lack of sleep is associated with both physical and emotional health risk

- More illness, such as colds and flu, due to a lowered immune system
- Feeling more stressed out
- Increased weight gain and obesity
- Lower GPA and decreased academic performance
- Increased mental health issues, such as depression and anxiety
- Increased automobile accidents due to fatigue caused by "drowsy driving"



People who feel sleepy 5 to 7 days a week report especially high rates of:

Headaches 52%



Irritability 40%



Feeling Unwell 34%



Common Sleep Disorders

Insomnia

an inability to initiate or maintain sleep. It may also take the form of *early morning awakening* in which the individual awakens several hours early and is unable to resume sleeping.

Narcolepsy

Excessive daytime sleepiness (including episodes of *irresistible sleepiness*) combined with sudden muscle weakness are the hallmark signs of narcolepsy.

Restless Legs Syndrome (RLS)

is characterized by an unpleasant "creeping" sensation, often feeling like it is originating in the lower legs, but often associated with aches and pains throughout the legs.

Sleep Apnea

characteristically make periodic gasping or "snorting" noises, during which their sleep is momentarily interrupted. Those with sleep apnea may also experience excessive daytime sleepiness, as their sleep is commonly interrupted and may not feel restorative.

Get at Least 7-9 Hours of Sleep



Health and Wellness Promotion Suites on Maple East, Suite G-59
Phone: 724-357-4799
health-wellness@iup.edu

Up to 60% of all college students suffer from a poor sleep quality

Establishing a Sleep Ritual

- Maintain a regular bed and wake time schedule including weekends.
- Establish a regular, relaxing bedtime routine.
- Create a sleep-conducive environment.
- Sleep on a comfortable mattress and pillows.
- Use your bedroom only for sleep and sex.
- Finish eating at least 2-3 hours before your regular bedtime.
- Exercise regularly.
- Avoid caffeine and Alcohol