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Dreaming of Success: The Vital Role of Sleep in College

Why is Sleep Important for College Students?

Sleep is a fundamental aspect of **health and well being**¹

It supports...

- Physical & mental health¹
- Brain function¹
- Immunity and your body's ability to fight off illness¹
- Growth & development¹
- & More!

How Much Sleep Do You Really Need?

It is recommended for young adults to get **7-9 hours** of sleep each night³

However, it is important to note that these hours should be **quality**, meaning sleeping well and uninterrupted⁴



So, Why Aren't You Sleeping Enough?

- Busy schedule²
- Academic pressure²
- Social environment³
- Excessive screen time³
- Stress & anxiety²
- You don't understand the importance of sleep²

Some Effects of Not Sleeping Enough Include...

In the short term:

- Decreased academic performance⁸
- Increased irritability and mood swings²
- Increased physical tension²

In the long term:

- Mental health issues²
- Weakened immune system²
- Increased risk of chronic health issues (e.g., obesity, diabetes, heart disease)⁴

69.7% of college students report feeling overwhelmed by all they have to do and struggle to sleep enough¹, which is understandable - college is stressful, busy, and hard at times! However, sleep is proven to be crucial to your success, both inside and outside of the classroom.





Sleep Myths & Facts



Myth

“I can just catch up on sleep on weekends. I’m busy studying, seeing friends, and doing other activities”

“All nighters are fine if I study hard”

“Drinking alcohol and using other substances helps me sleep better. And caffeine makes up for not sleeping much”

“Sleeping longer hours means better sleep quality”

Fact

Sleep debt can and will accumulate and should be prioritized just like any other aspect of a busy schedule⁶

Lack of sleep impairs cognitive function and retention of information⁸

Alcohol and other substances are proven to disrupt sleep cycles and reduce sleep quality - caffeine only temporarily masks sleepiness⁷

Quality of sleep matters more than quantity - uninterrupted sleep is crucial³

zzz



Tips for Getting Enough Sleep!

- *Establish a routine*⁸
- *Create a comfortable environment*⁸
- *Limit screen time before bed*⁸
- *Practice relaxation techniques like meditation*⁸
- *Be mindful of caffeine*⁸
- *Stay physically active during the day*⁸
- *Eat nutritiously*⁸

Resources For Sleep Support

UGA Health Center - (706) 542-1162

Project Sleep's Helpline - (800) 819-2043

Visit www.thensf.org for more information



References

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