Sleep

The jury is out on sleep apps, some swear by them an others are not so sure! We will let you be the judge! Check these apps out that are featured in the October Student Health 101 magazine!

Can an App help with that?!

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Can you fix it?!

Give it up! Stop using your gadgets (cell phones, tablets, laptops, etc.) an hour before bedtime. The blue-light messes with sleep inducing hormones.

Get up at the same time during the week and on the weekends. SAY WHAT?! Yes! Ok, at least try to get up within an hour of your usual wake-up time.

Shoot for natural light in the morning—it helps regulate your internal body clock.

Get physically active—as long as you have enough time in between the work out and bedtime! Being active during the day helps improve mood and makes it easier to sleep at night.

What’s the Problem on Campus?

College students are notoriously terrible sleepers. Most adults need 7-9 hours of sleep at night and everyone needs something different!

College students often experience the following:

- **Noise**—inside and outside the room. Try earplugs for a restful night!
- **Too much caffeine**—avoid it after 3:00 p.m.! Financial Wellness Tip: Did you know that the average American spends about $1,100 per year on coffee?
- **Too much light**—get an eye mask to block out the extra light!
- **Using electronic devices in bed**—put them away at least an hour before you want to sleep!
- **Stress and anxiety**—get more physical activity or talk with a medical provider or counselor to find solutions that work for you!

What’s Happening at UND

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<thead>
<tr>
<th>Date</th>
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<td>8:30-4:00 Am Health Meditation Lotus Meditation Center</td>
</tr>
<tr>
<td>November 12th</td>
<td>Cash Cab—Find us rolling around campus for a free ride to class!</td>
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What’s the Problem on Campus?

College students are notorious for their sleep patterns. Restricted sleep has been shown to decrease testosterone—impacting your energy and concentration.

Most adults need 7-9 hours of sleep at night.

College students are notoriously terrible sleepers. Most adults need 7-9 hours of sleep at night and everyone needs something different!

College students often experience the following:

- **Restricted sleep**—has been shown to decrease testosterone—impacting your energy and concentration.

Fast Facts

- **Memories are consolidated in REM—or deep sleep! When you disrupt your sleep be prepared for disrupted learning!**
- **People who get less than 6 hours of sleep consistently are more likely to die prematurely!**
- **Sleep deprivation can impact your immune system leaving you prone to infections!**
- **Who have poor sleep are more prone to weight gain!**
- **College students often experience the following:**
  - **Different!**
  - **Energy and concentration.**
  - **Impacting your weight! People who have poor sleep are more prone to weight gain.**
  - **Restricted sleep can impact your immune system leaving you prone to infections!**
  - **Who have poor sleep are more prone to weight gain!**

Can an App help with that?!

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- **Sleep Bot**
- **Sleep Cycle Alarm Clock**

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Drained? What's Happening at UND

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