Did you know that 75% of college students do not get enough sleep? Lack of sleep can result in decreased motivation, memory, and concentration, in addition to difficulty performing everyday tasks. Research suggests that students who get enough sleep every night perform better academically. Are you interested in learning more about healthy sleep habits? Keep reading to find out how you can sleep more and achieve more!

**Fast Facts**

**A Full Night’s Rest**

Complete Sleep

What are the components of a “full night’s rest”?

There are two kinds of sleep, and each benefits your body in distinct ways. Over the course of a night, a person cycles through both phases. Depriving your body and brain of necessary sleep significantly affects your overall health, mood, and academic performance.

Rapid Eye Movement (REM)

REM sleep is lighter and more active, and supports daytime performance. Here’s how:

- Energy is restored to the brain and body.
- The brain is active; dreams occur.
- Muscles are turned off, so the body is relaxed and immobile.

Non Rapid Eye Movement (NREM)

NREM sleep is deeper and heavier. During this phase, energy is restored in the following ways:

- Tissue grows and is repaired.
- Muscles relax and the blood supply to them increases.
- The body releases the growth hormones essential for development.
- The hormone ghrelin is regulated, it’s directly related to hunger and weight maintenance.

Over the course of a night, 25 percent of sleep is REM and 75 percent is NREM. A full night’s sleep allows you to complete cycles of REM and NREM sleep without interruption.

**7 Ways to Get Better Sleep**

1. Keep a regular sleep schedule
2. Sleep and wake at the same time every day
3. Create a relaxing bedtime routine
4. Get comfy
5. Practice deep breathing
6. Limit daytime naps to 10-30 minutes
7. Turn off your electronics at least 30 minutes before falling asleep

**AMERICANS REPORT THEIR SLEEP QUALITY**

- 12% Poor
- 12% Excellent
- 23% Very fair
- 18% Fair
- 35% Good