Stress Less and Sleep More

Students who pull all-nighters have lower GPA’s.

17 hours of sustained wakefulness leads to a decrease in performance equivalent to a blood alcohol level of 0.05%

After five nights of partial sleep deprivation, three drinks will have the same effect on your body as six would when you’ve slept enough.

Students need 7-9 hours of sleep for optimal performance! Do you get enough?

Alcohol may seem like a good idea for sleep—but it actually creates more restless sleep. Tiny luminous rays from a digital alarm clock can be enough to disrupt the sleep cycle even if you do not fully wake. What do you think your cell phone does to sleep?!

The NRMA estimates fatigue is involved in one in 6 fatal road accidents.

As a group, 18 to 24 year-olds deprived of sleep suffer more from impaired performance than older adults.

 Anything less than five minutes to fall asleep at night means you’re sleep deprived.

Students with higher GPA’s report better sleep quality and more hours of sleep.

Create a Sleep-Friendly Room!

Tips for Better Sleep

1. Keep regular bedtime/waking hours.
2. Exercise regularly.
3. Avoid caffeine & nicotine in the evening.
4. Keep up with schoolwork.
5. Minimize sleep disruptions with a dark, quiet bedroom.
6. Turn off electronic devices at least 30-60 minutes before bed.
7. Limit daytime naps to 10-30 minutes.

Stress and Sleep

Stress and sleep have a two-way relationship. High stress levels can make sleeping more difficult. They can even lead to sleep disorders.

At the same time, getting a good night’s sleep can help reduce the effects of stress.

"A good night’s sleep allows you to tackle the day’s stress easier,” according to the Sleep Disorders Health Centre on www.webmd.com.

"When you are tired, you are less patient and easily agitated which can increase stress. Most adults need 7-8 hours of sleep per night. Practicing good sleep hygiene along with stress-lowering tactics can help improve your quality of sleep. If you are not sleeping well, whatever the cause, it is important to get on a good program – one that pays attention to periods of relaxation.

TURN OFF YOUR ELECTRONICS!

The record for the longest period without sleep is 18 days, 21 hours, 40 minutes.

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A study found that memory can be improved with a nap as short as 6 minutes!

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Some sleeping tablets, such as barbiturates suppress REM sleep, which can be harmful over a long period.

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