



Why is Sleep Important?

College students, especially, lead stressful and busy lives, to get enough sleep.

Research at Brown University has found that approximately 11% of students report good sleep, while 73% report sleep problems.

Reasons why everyone should be getting enough sleep:

1. Sleep help repairs your body.
2. Sleep keeps your heart healthy.
3. Sleep reduces stress.
4. Sleep improves your memory.

What Happens When You Don't Get Enough Sleep?

Attention, alertness, concentration, reasoning, and problem solving abilities are severely weakened. This makes it more difficult to learn efficiently.

Chronic sleep loss can put you at risk for:

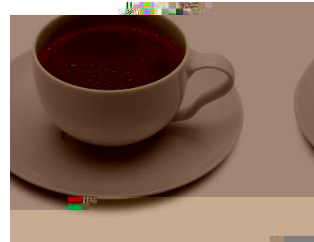
Heart Disease	Heart Attacks
Heart failure	Strokes
High Blood Pressure	

Caffeine and Sleeping: How much is too much?

Caffeine affects the body in a number of ways:

Stimulates Central Nervous System, causing an increase in heart rate.

Caffeine suppresses Melatonin for up to 10 hours. It also promotes the supply of Adrenaline. This is the opposite of what we need to get a good night's sleep.



500 to 600 mg of caffeine a day (about four to seven cups of coffee or 3 cans of Monster Energy Drink®) can cause:

- o Insomnia
- o Nervousness
- o Restlessness
- o Irritability
- o Nausea or other gastrointestinal problems
- o Fast or irregular heartbeat
- o Muscle tremors
- o Headaches
- o Anxiety

Alcohol: How Does it Affect Sleep?



Getting the recommended 7 to 9 hours of sleep per night can be hard, especially for college students. It may be tempting to drink some alcohol to help you fall asleep but having alcohol in your system will lead to a restless, interrupted night.

Alcohol is a sedative, but the effects do wear off 3-4 hours after

wake up and stay awake for hours.

Alcohol causes maintenance insomnia (which is the inability to maintain sleep for the desired 7-8 hours that is needed.)

After drinking alcohol, you cannot reach the Rapid Eye Movement (REM) stage of sleep which occurs in the second half of the night and is needed for you to feel rested in the morning.

It slows breathing, and reduces the tone of muscles in the airway making breathing problems such as snoring and sleep apnea more likely.