

According to a 2001 study, only 11% of college students have good sleep quality, and 73% have occasional sleep problems. This same study found that 18% of college men and 30% of college women reported suffering from insomnia within the past 3 months, and over half reported feeling sleepy during the morning.

(www.brown.edu March 2007)



Healthy Sleep

HOW MUCH SLEEP IS ENOUGH?

≈ Quality of sleep is as important as quantity. Sleep needs vary from person to person ; however, studies found that optimal amount of sleep needed to perform adequately, avoid sleep debts and not have problem sleepiness during a day is about 7-8 hours.

(US Department of Health and Human Services Nov. 2005)

≈ Do not think that you can make up for lost sleep during a week by sleeping more on the weekends. People whose sleep is frequently interrupted or cut short may not get enough of both non-REM and REM sleep. Both types of sleep appear to be crucial for learning and memory and for repair of cells.

(US Department of Health and Human Services Nov. 2005)



CONSEQUENCES OF SLEEP LOSS:

-
≈ Sleep debts can affect your physical health by weakening your immune system. It can affect your mental health by resulting in tension, irritability, depression, confusion, and generally lower life satisfaction. These mood changes may also result from irregular sleeping patterns, including sleeping in on the weekends.

(US Department of Health and Human Services Nov. 2005)

≈ REM sleep is particularly important for consolidating newly learned information, and a large proportion of REM sleep occurs towards the end of the night. So studying most of the night for a test, and then sleeping only a few hours, decreases your ability to remember new information.

(US Department of Health and Human Services Nov. 2005)

≈ Sleep less than 6.5 (or more than 9) hours per night is associated with 1.7 times greater risk of disease and death.

(www.uhs.umich.edu/wellness Sleep: Snooze or Lose 2007)

≈ Not getting enough sleep also seriously impairs your ability to drive. Driving while tired is as dangerous as driving while intoxicated - more than 40,000 injuries and 1,500 deaths each year result from traffic accidents involving sleepy drivers..

(US Department of Health and Human Services Nov. 2005)