

A COLLEGE STUDENT'S
GUIDE TO
Better Sleep!

College Students & Sleeping

BY THE NUMBERS



of college students report daytime sleepiness

COMPARED TO



of adolescents and adults

How much sleep a young adult needs is not clearly known, but it is thought to be



of sleep.

70.6%

of college students report obtaining less than 8 hours of sleep

82%

of college students believe that inadequate sleep and sleepiness impact their school performance

WHY AM I Sleep Deprived?

ALCOHOL



Alcohol shortens sleep latency, but then promotes fragmented sleep in the latter half of the night and increases the risk for obstructive sleep apnea.

INADEQUATE SLEEP HYGIENE



An overall lack of consistency in sleep quantity or quality.

CAFFEINE



Caffeine, equivalent to 2–4 cups of coffee taken at night, can increase sleep latency on average from 6.3 to 12.1 minutes, reduce sleepiness, and improve the ability to sustain wakefulness.

WHY AM I Sleep Deprived?

ENERGY DRINKS



34% of 18–24-year-olds consume them regularly. In 2006, Americans spent more than ~3.2 billion on energy drinks. The majority (67%) of users consumed energy drinks to help compensate for insufficient sleep.

STIMULANTS



The most commonly reported reason is to “stay awake to study” or increase concentration.

TECHNOLOGY



Frequent use of cell phones around bedtime is associated with difficulties falling asleep, repeated awakenings, or waking up too early. Most young adults (57%) leave their phone on during sleep, with only 33% turning it to silent or vibrate modes.

SLEEP DISORDERS



A survey of 1,845 students in introductory psychology labs suggested that 27% were at risk for at least one sleep disorder or sleep-related problem.

WHAT DOES



MICHIGAN MEDICINE
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Say About Sleep?

...Fosters memory formation and learning: Save yourself some study time—your brain will be hard at work solidifying memories while you sleep.

...Regulates mental and emotional health: Sleep helps you take on challenges with more resilience.

...Keeps your immune system strong: You're more likely to get sick when sleep-deprived, which could mean missing out on social activities, class, and other important events.

...Supports physical health: Sleep helps regulate metabolism and many other body functions.

...Enhances your productivity: Getting quality sleep boosts productivity, which can free up time for friends, hobbies, or more sleep!

...Helps you stay alert and safe: Dozing off in class may be awkward, but falling asleep at work or at the wheel could be dangerous. Did you know that drowsy driving is as dangerous as drunk driving?

Tips for a Better Sleep

FROM DR. ROBERT S. ROSENBERG

1. Come to the realization that you need at least 7 to 9 hours of sleep each night.

2. Practice good sleep hygiene.

3. Identify your motivation. Why is your rest valuable? What will you do tomorrow?

4. Create an ideal bedroom environment (lighting, room temperature, sound, alarm clock, pets, design/room color).

5. No blue lights at night (Electronic devices, light bulbs).

6. Break habits that hinder sleep (Late night nicotine, alcohol, caffeine).

Tips for a Better Sleep

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7. Practice habits that aid sleep
(taking a warm bath, morning sunlight).

8. Dismiss a worry or dump an attitude (practice constructive worrying, make a list of stresses, brain dump to reduce stress).

9. Relax your muscles. (practicing breathing and the release of tension in the muscle).

“For you to sleep well at night, the aesthetic, the quality, has to be carried all the way through.”

- STEVE JOBS

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