

Sleeping Well

Tips for students

Presented by: Jeanette Gascho

Campus Wellness



UNIVERSITY OF
WATERLOO



In this seminar you will learn:

- Sleep health facts
- Stats about University of Waterloo students
- Sleep health tips

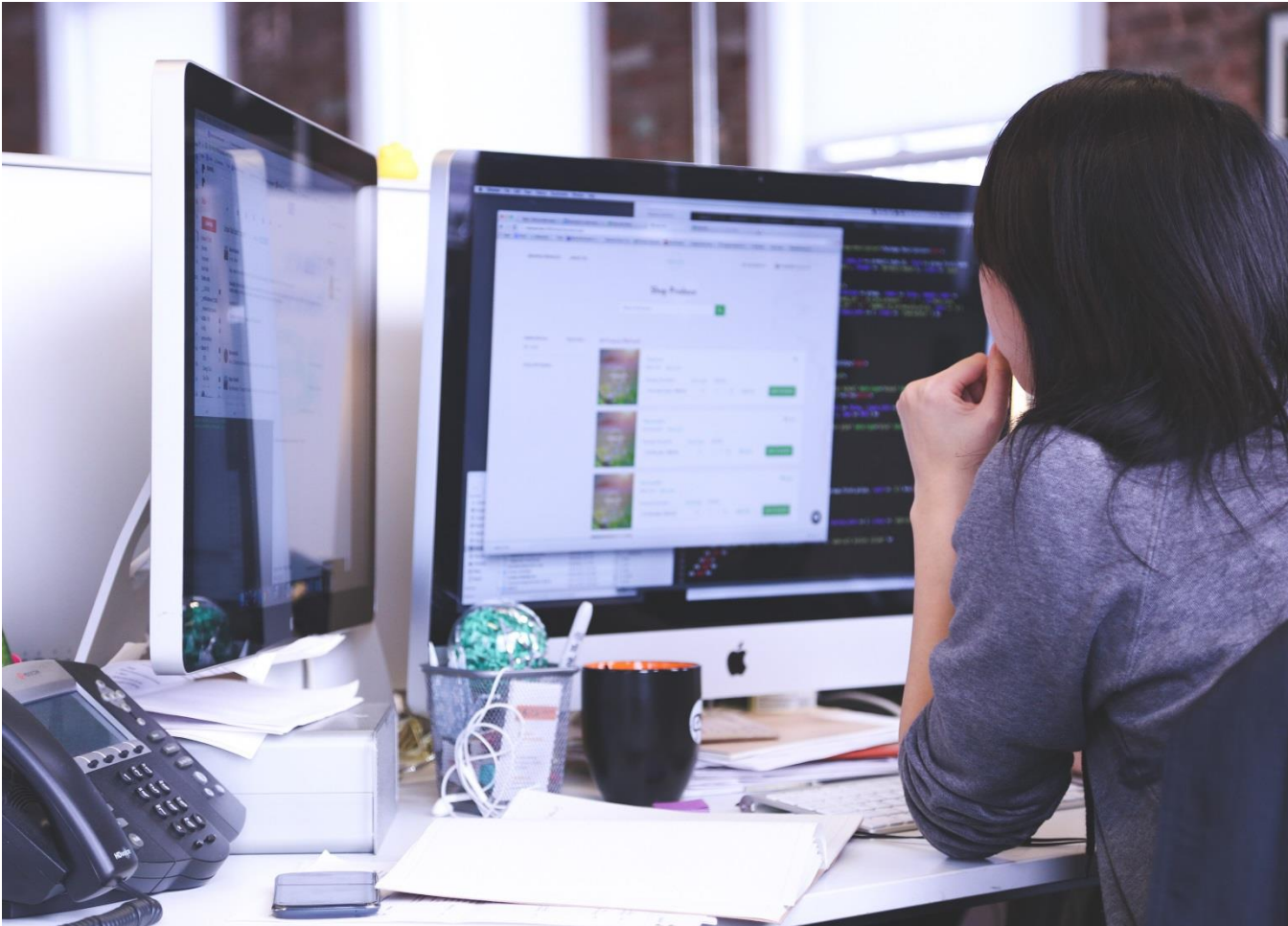


For you to consider

- What is the one thing that you could do that would make a positive difference to your sleep health?
- Your readiness to make change is important.
- If you can relate to any **one** of the following scenarios, sleep health might be an issue for you.

Sleep scenarios

Falling asleep at the computer



Clock watching while trying to fall asleep

- Clock watching disrupts sleep as you worry about your sleep.



Procrastinating and then pulling an all-nighter

- Research shows that all-nighters are not helpful in academic performance.
- Consistently getting the optimum amount of sleep for you is a way to do your best academically.



Falling asleep in class



Test your sleep health knowledge

True or false

Dozing off while attending a lecture is most likely an indication that the professor was rather boring or that you should try another major.

False: The likelihood that you will doze off while attending a lecture, watching television or a movie, while reading or driving in a car is a very good indication of whether you are getting enough good quality sleep.

True or false

For good sleep health it is okay to party on the weekends until the early morning hours as long as you go to bed at a regular hour during the week.

False: Going to bed at the same (or similar) time and waking up at the same time every day, 7 days a week, may be the most important tip of all for consistently healthy sleep. The body craves consistency when it comes to sleep.

True or false

Drowsy driving is similar to driving while under an intoxicating influence.

True: Drowsiness can slow reaction time as much as driving drunk. It is estimated that there are as many as 1,500 crash-related deaths a year in the U.S. The problem is greatest among people under 25 years old.



True or false

Sleep is not that important to overall health. Healthy young adults can usually get by on just a few hours.

False: Sleep is vital to our health and well-being, and is just as important as diet and exercise. Not only does getting enough sleep help you learn a new skill, stay on task or be productive, it may also be a critical factor in your health, weight, and energy level. Although individual needs may vary, **adults typically need between 7 and 9 hours of sleep per night.**

True or false

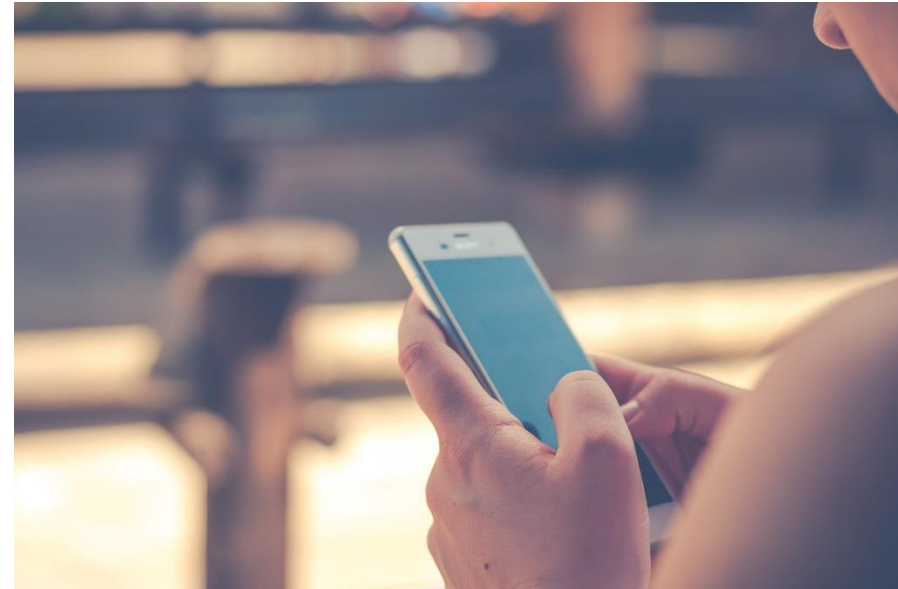
Snoring can be embarrassing and is often something that we joke about but it is not really an important aspect of sleep health.

False: Snoring, especially loud snoring accompanied by waking up out of breath can be a sign of obstructed breathing during sleep and may be a symptom of Sleep Apnea. Sleep Apnea is a serious sleep disorder. If you have been told that you snore loudly, report this to your physician.

True or false

Being connected to friends is important to social well-being and personal success.

True...to a point: Sleep health is important to academic and personal success and social well-being as well. Turn off all electronic devices or put on silent before bedtime. Treat your bed as a precious space for rest, relaxation and sleep.



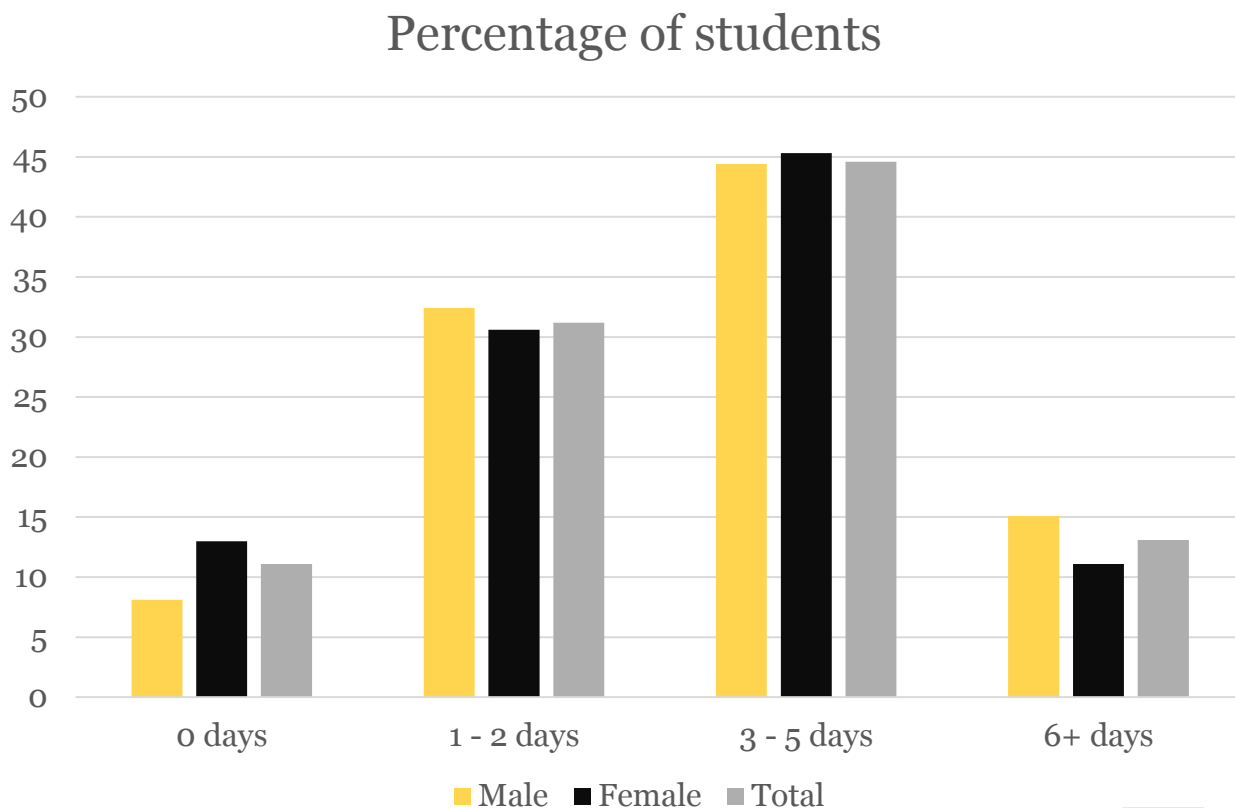
NCHA survey results

Survey results from Waterloo students

- Recently University of Waterloo participated in the National College Health Association annual survey of student health.
- The following slides represent some of the 2016 data from that survey.

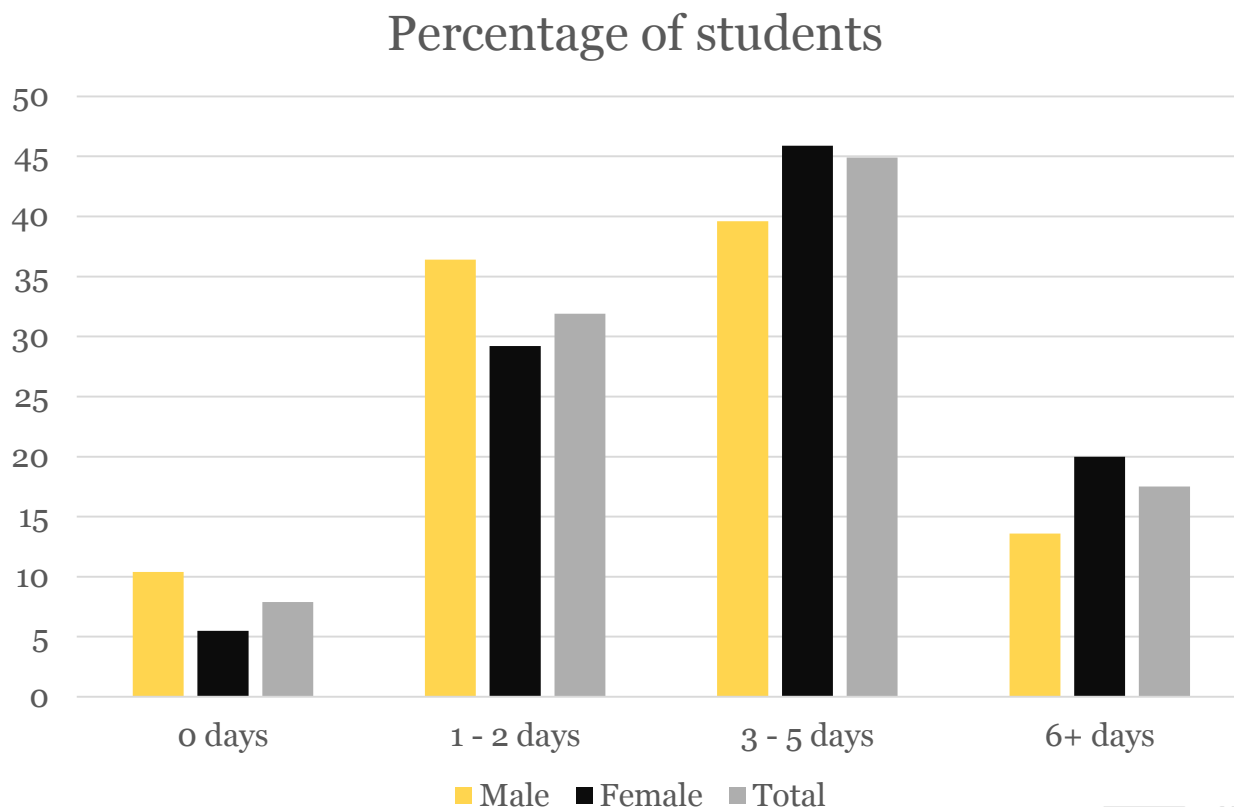
Response to survey question

- How often have you gotten enough sleep to feel rested in the morning in the last 7 days?



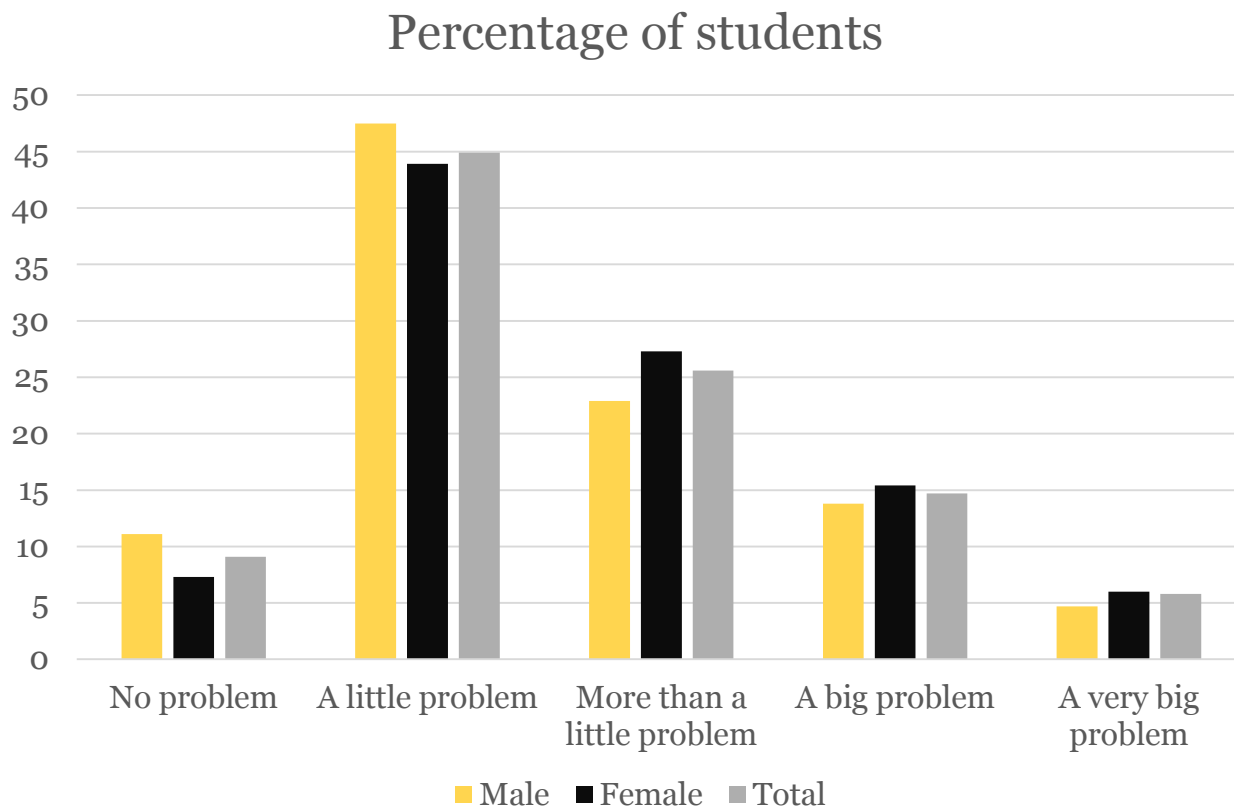
Response to survey question

- How often have you felt tired, dragged out, or sleepy during the day in the past 7 days?



Response to survey question

- How much of a problem have you had with sleepiness during daytime activities in the past 7 days?



Sleep and academic success

Sleep facts from the National Sleep Foundation

- 80% of adolescents who get an optimal amount of sleep report achieving A's and B's in school, while adolescents who get insufficient amounts are more likely to get lower grades.

(NSF 2006 sleep poll)



Sleep and your academic success

- 21% of poor sleepers failed 1 or more years at school.
- Students with more regular sleep-wake patterns reported higher averages, whereas students with lower grades reported increased daytime sleepiness.

Curcio, G., Ferrara, M., & Gennaro, L. (2006).



Young adults and sleep

- It is natural for young adults to not be able to fall asleep before 11:00 p.m.
- Young adults need about 8.5 - 9.5 hours of sleep each night to function best (for mature adults 7.5 - 8.5 hours is ideal).
- Most young adults do not get enough sleep — one study found that only 15% reported sleeping 8 1/2 hours on school nights. (National Sleep Foundation).

The five stages of sleep

- Stage 1: Light sleep – Muscle activity slows down, occasional muscle twitching.
- Stage 2: Breathing and heart rate slows, slight decrease in body temp.
- Stage 3: Deep sleep – Brain begins to generate slow Delta waves.
- Stage 4: Very deep sleep – Rhythmic breathing, limited muscle activity, Delta waves.
- Stage 5: Rapid Eye Movement (REM) sleep – Dreaming occurs. Brainwaves speed up and muscles relax, breathing and heart rate increase.

Source: Mkhalid.com

REM sleep

- Rapid Eye Movement or dream sleep.
- “REM is absolutely essential to preparing the mind for peak daytime performance...nobody can afford REM sleep loss and be adequately prepared for success.” – J.B. Mass Ph.D.
- REM sleep is important for learning and knowledge acquisition.



REM sleep continued

- “In REM sleep — stage 4 in the sleep cycle — the brain processes and synthesizes memories and emotions, activity that is crucial for learning and higher-level thought. A lack of REM sleep results in slower cognitive and social processing, problems with memory, and difficulty concentrating. The [National Sleep Foundation] 2008 sleep poll found that people who sleep less than 6 hours per night during the workweek are twice as likely as their better-rested colleagues to report difficulty in concentrating.”

-- Harvard Business Review

Sleep deprivation and daily functioning

- **Physical symptoms** - Weight gain and reduced immunity to disease and viral infection, feelings of lethargy, daytime drowsiness.
- **Emotional symptoms** - Increased vulnerability to depression, irritability, stress, and anxiety.
- **Cognitive symptoms** - Reduced ability to concentrate on and remember complex tasks and reduced communication skills, creativity, and coordination.
- **Social symptoms** - Lack of interest in socializing with others.

Sleep tips

Tips for sleep health

- **Make sleep health a priority** – Give it the same importance as food and water.
- **Carefully examine your sleep environment** – Keep your room cool, quiet, and dark. When possible, eliminate distractions such as noises, bright lights, an uncomfortable bed, or a TV or computer in the bedroom. Consider putting your phone on silent.
- **Whenever possible go to bed at the same time and wake up at the same time** – Allow for 8 hours of sleep.

Tips for sleep health

- **Don't watch the clock** – If you are unable to fall asleep in bed, get up and do something relaxing such as reading a book or listening to soft music, and return to bed only when sleepy. Remind yourself that you have been able to get through the day in the past, even when you have not had a good sleep.
- **Limit your caffeine intake** – Especially prior to bedtime. Caffeine can be found in coffee, sodas, energy drinks, and chocolate.
- **Avoid alcohol before bed** – Alcohol may make you sleepy but will disturb the quality of your sleep.



Tips for sleep health

- **Try a light snack before bed** – A bowl of whole grain cereal with milk or a piece of whole grain toast with peanut butter are good examples.
- **Avoid napping** – Napping works for some people but often makes getting to sleep at night more difficult. If you are going to take a nap, be consistent about the time of day and the amount of nap sleep (no more than 20 – 30 minutes).
- **Worrying thoughts can disrupt sleep** – Keep a note pad and pen next to your bed so you can record any worries and put them out of your mind until the morning.

Wrap up

Self-reflection on change

- What is one thing I am prepared to do now to make a positive change in my sleep health?



Resources

- Canadian Sleep Society – canadiansleepsociety.ca
- National Sleep Foundation – sleepfoundation.org
- Health Services – 519-888-4096
- Counselling Services – 519-888-4567 ext 32655

Disclaimer

- The information on the University of Waterloo Counselling Services site is not intended as a substitute for medical professional help or advice but is to be used only as an aid. A physician should always be consulted for any health problem or medical condition.
- The University of Waterloo expressly disclaims all warranties and responsibilities of any kind, whether expressed or implied, for the accuracy or reliability of the content of any information contained in this seminar, and for the suitability, results, effectiveness or fitness for any particular purpose of the content. You are solely responsible for your use or reliance on such information and any foreseeable or unforeseeable consequences arising out of such use or reliance. In no event will the University of Waterloo be liable for any damages resulting from the use of or inability to use the content, whether based on warranty, contract, tort or other legal theory, and whether or not the University of Waterloo is advised of the possibility of such damages.

UNIVERSITY OF **WATERLOO**

