Did you know?

Sleep is an important part of your health (Mueller, 2014). How and when you sleep is controlled by your hormones and your sleep cycle which is set by outside cues such as meal patterns, lightness/darkness, exercise, etc. (Mueller, 2014). Change in your outside cues can lead to a disruption in sleep and it can take your body 3-7 days to reset your internal clock (Mueller, 2014)!

According to the National College Health Assessment (2016), 21.6% of Kent State students reported sleep difficulties as a factor affecting their individual academic performance within the last 12 months and 35.7% of students reported sleep difficulties as being “traumatic or very difficult to handle”. Since more sleep is associated with better academic performance (American Academy of Sleep Medicine, 2009), it is imperative students take time to develop necessary sleep habits, also known as, sleep hygiene. If you are not getting enough sleep, your body accumulates a “sleep debt” that will eventually need to be paid – even if that means dozing at an inopportune time such as while you are in class (Mueller, 2014)!

Sleep deprivation can result in a lower GPA (Hershner & Chervin, 2014) so take time to take care of yourself and get an adequate amount of rest.

**Successful Sleep Tips**

- Set at least 30 minutes of gadget-free transition time before bed,
- Limit naps to 30 minutes,
- Avoid stimulants (i.e. caffeine, nicotine) close to bedtime,
- Exercise during the day,
- Establish a bedtime routine & relaxing sleep environment.

(National Sleep Foundation, 2017)

Sources:

American College Health Association. American College Health Association-National College Health Assessment II: Kent State University System Executive Summary Fall 2016. Hanover, MD: American College Health Association; 2016.
