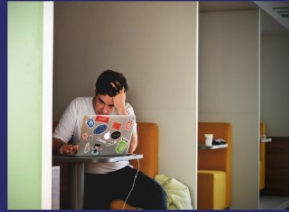


SLEEP DEPRIVATION AMONG COLLEGE STUDENTS



what is sleep deprivation?

Sleep deprivation is not getting the required amount of sleep. Many college students experience this due to their busy schedules, extracurricular activities, jobs, and studying.

how much is enough?

Studies show that college students should be getting at least 6-7 hours of sleep per day. However, most students do not.

The Center of Disease Control and Prevention (CDC) estimate, that as a nation, 35% of adults are not getting the recommended amount of sleep, which means 84 million people are sleeping less than 7 hours.



sleep reduces



mood changes
stress
anger
impulsiveness
tendency to drink / smoke

Tips to improve your sleeping:



GO TO BED EARLY!

Plan your day accordingly so that you are going to bed at a decent hour



STAY OUT OF BED!

Stay away from studying, reading, being on your phone, etc in bed. Only use it for sleeping



AVOID CAFFEINE!

It stays in your system for hours and can make it hard to fall asleep. Try to only drink early in the day



WATCH YOUR FOODS!

Try to avoid eating a big meal before sleeping. Instead try a light healthy snack



sleep increases

concentration
attention
decision-making
creativity
social skills
health

If you would like more information, reach out and/or research:

<https://aasm.org/college-students-getting-enough-sleep-is-vital-to-academic-success/>