

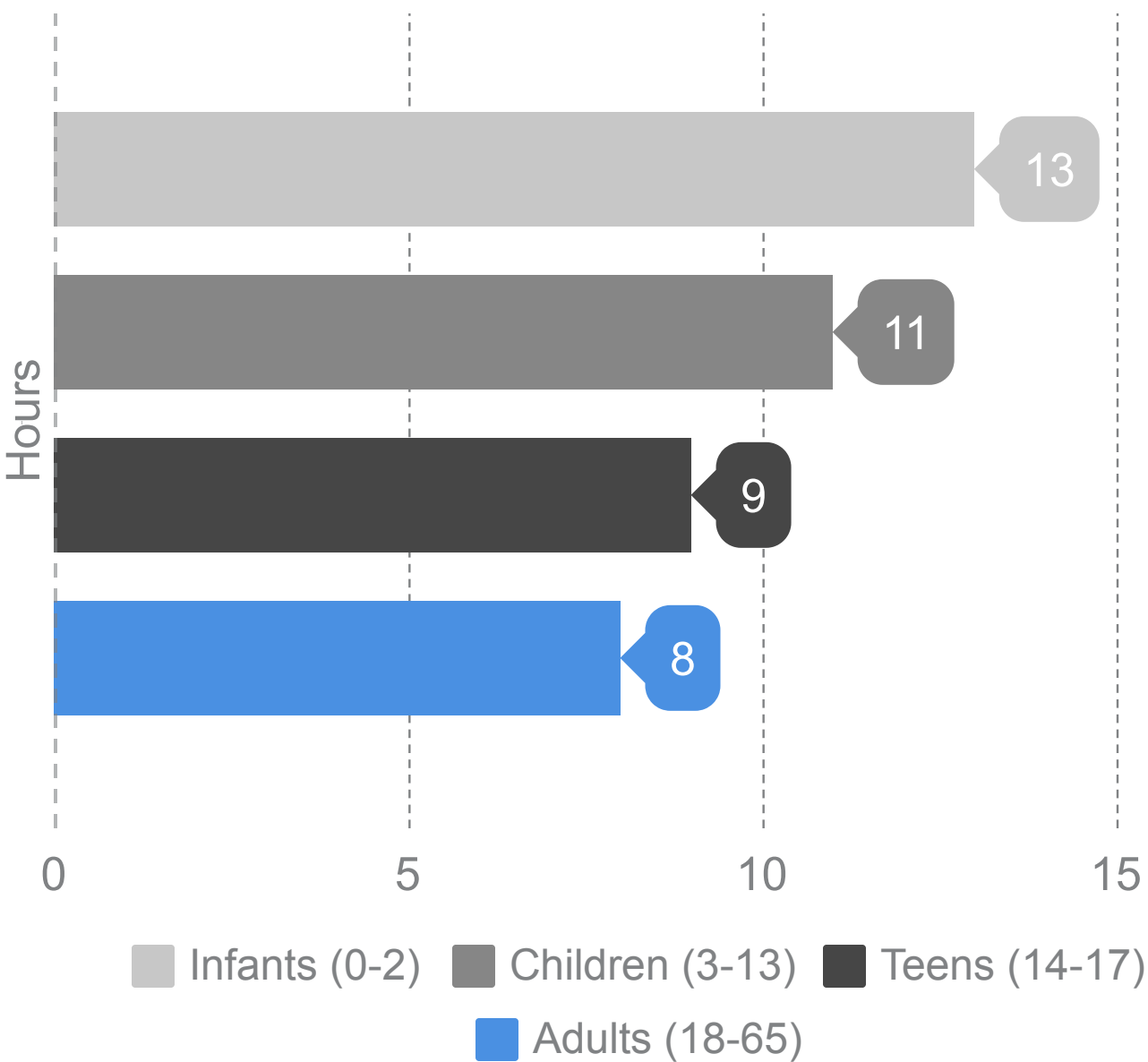
SMU WellFacts

Sleep



How Much Sleep?

Sleep Duration Recommendations



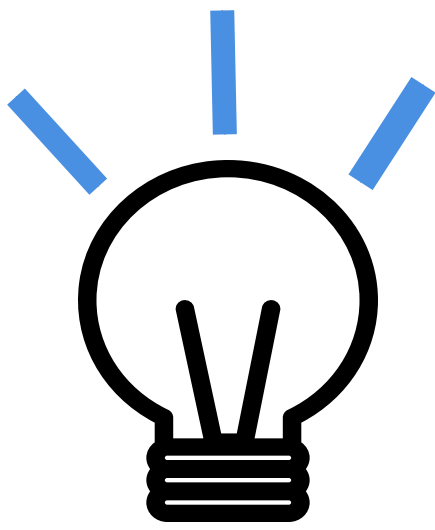
People who get the right amount of sleep each night...

- Boost their muscle mass and repair cells and tissues quicker
- Better control their blood sugar and overall body weight
- Boost their immune system and promote recovery
- Have lower risk of depression, anxiety and relationship problems
- Have lower risk of heart disease, high blood pressure, obesity, and stroke

Would you
take a test
Drunk???

Sleep deprivation can lead to impaired brain function similar to the same level of impairment produced by specific blood alcohol levels

Time Awake	Blood Alcohol Content (BAC) Equivalent
18 hours	0.05%
19 -24 hours	0.10% (Legally Drunk!)



The Blue Light Effect

Blue light radiation emitting from phones, televisions and computers disrupts the production of melatonin in the body and can disrupt a person's internal biological clock. These blue lights trick the body into thinking it is still daylight out which prevents the release of melatonin as part of a normal sleep pattern. This leads to trouble falling asleep at night and getting quality sleep throughout the night.

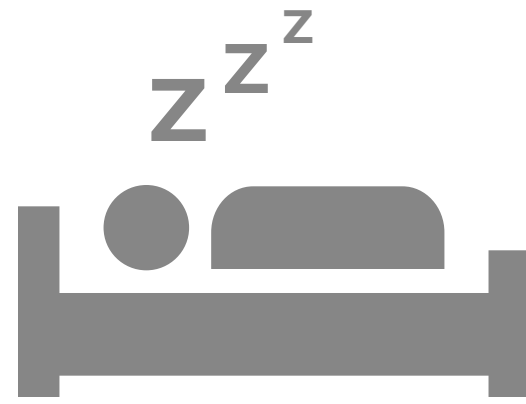
Stages of Sleep

Stage 1

- A stage of light sleep where an individual can be awakened easily by light noises
- Muscles begins to relax and breathing slows
- The brain emits Alpha Waves

Stage 2

- Half of the night is spent in Stage 2
- Brain waves continue to slow down turning into Theta Waves



Stage 3

- Deep, restorative sleep
- The body begins to rebuild energy
- The brain emits Delta Waves

REM

- Eyes move fast behind eyelids while arms and legs are temporarily paralyzed
- The point of dreaming
- Brain waves speed up as if the body were awake

10 Tips for Getting Good Sleep

1

Wake up and go to bed at the same time every day

2

Stop using technology at least 30 minutes before going to bed

3

Do not consume large amounts of food directly before going to bed

4

Avoid alcohol and caffeine before going to bed

5

If you can't fall asleep after 20 minutes or so, get up and do a relaxing activity until you are sleepy

6

Have a relaxing bedtime routine (read, listen, to music, take a hot shower/bath)

7

Keep your bedroom temperature at night cool to mirror your body temperature drop when asleep

8

Avoid activity other than sleeping on your bed such as eating or doing homework

9

Spend time outside every day

10

Limit naps during the day and make sure they are no more than 20 minutes

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