



NEED MORE INFORMATION?

 OTHER RESOURCES

www.sleepfoundation.org

www.cdc.gov/sleep

www.sleepeducation.org



Sleep Deprivation

A general term to describe a state caused by inadequate quantity or quality of sleep, including voluntary or involuntary sleeplessness and circadian rhythm sleep disorders. Sleep is as important to the human body as food and water, but many of us don't get enough sleep. The primary signs and symptoms of sleep deprivation include excessive daytime sleepiness and daytime impairment such as reduced concentration, slower thinking, and mood changes.



INSTAGRAM

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The Importance of Sleep

Sleep deprivation, stages of sleep, and ways to get a good night's sleep



Importance of sleep

Sleep is an essential function that allows your body and mind to recharge, leaving you refreshed and alert when you wake up. Healthy sleep also helps the body remain healthy and stave off diseases. Without enough sleep, the brain cannot function properly. This can impair your abilities to concentrate, think clearly, and process memories.

THE STAGES OF SLEEP:

STAGE 1:

THE BODY HASN'T FULLY RELAXED, THOUGH THE BODY AND BRAIN ACTIVITIES START TO SLOW WITH PERIODS OF BRIEF MOVEMENT

STAGE 2:

ENTERS A MORE SUBDUED STATE INCLUDING A DROP IN TEMPERATURE, RELAXED MUSCLES, AND SLOWED BREATHING AND HEART RATE

STAGE 3:

KNOWN AS DEEP SLEEP: HARDER TO WAKE SOMEONE UP IF THEY ARE IN THIS PHASE. MUSCLE TONE, PULSE, AND BREATHING RATE DECREASE AS THE BODY RELAXES EVEN FURTHER.

REM sleep:

BRAIN ACTIVITY PICKS UP, NEARING AWAKE LEVELS. AT THE SAME TIME, THE BODY EXPERIENCES ATONIA, A TEMPORARY PARALYSIS OF THE MUSCLES, WITH TWO EXCEPTIONS: THE EYES AND THE MUSCLES THAT CONTROL BREATHING AND BELIEVED TO BE ESSENTIAL TO COGNITIVE FUNCTION LIKE MEMORY, LEARNING, AND CREATIVITY

HOW TO ENSURE A GOOD NIGHT SLEEP:

- GOING TO BED EVERY NIGHT AT THE SAME TIME AND WAKING UP EVERY MORNING AT THE SAME TIME (SETTING A BIOLOGICAL CLOCK)
- LIMIT CAFFINE, ALCOHOL, OR OTHER STIMULANTS
- LIMIT SCREEN TIME BEFORE GOING TO BED
- LIMIT NAPS OR CUT THEM OUT ALL TOGETHER
- DONT EAT A HEAVY MEAL RIGHT BEFORE BED

