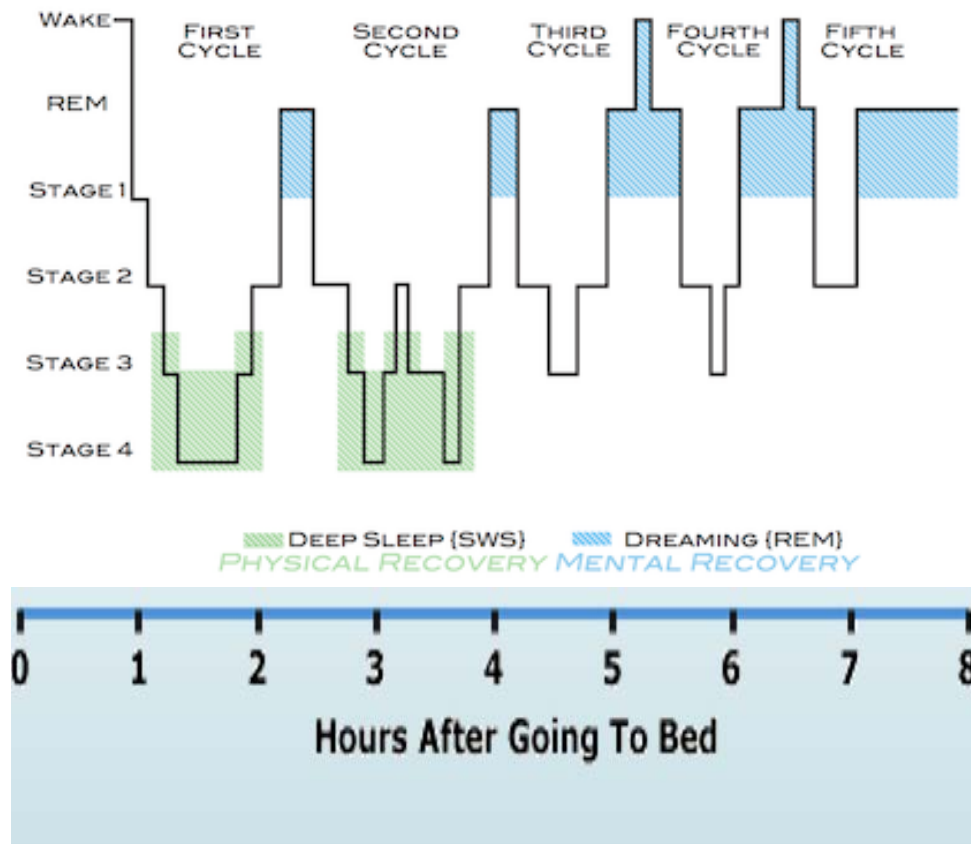


The science of sleep:

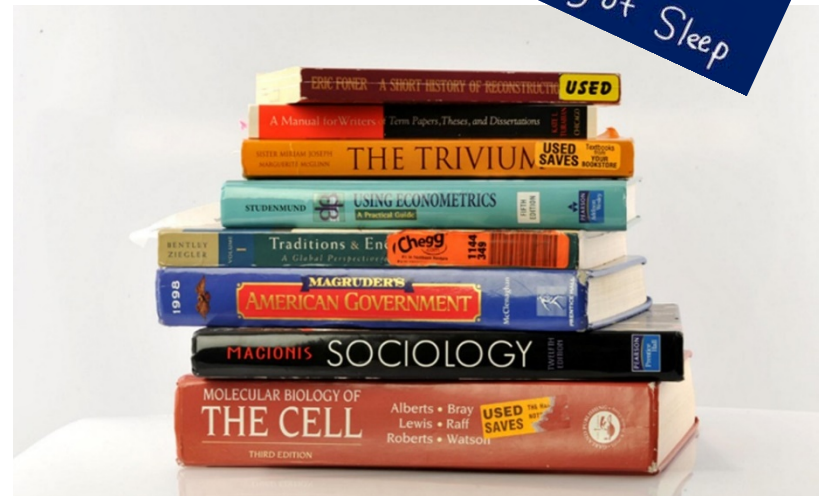
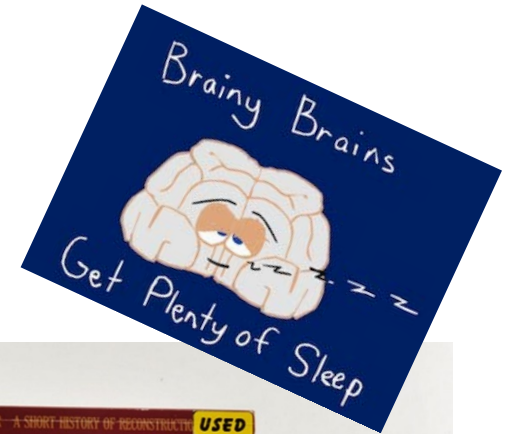
SLEEP STAGES



- Sleep occurs in **cycles**.
- The more **continuous sleep** you get in a night, the more benefits you receive.
- Most college students need **7-9 hours of sleep** every night.
- During **slow wave sleep (SWS)**, your physical body rests and is restored.
- During **rapid eye movement (REM) sleep**, memories are consolidated via the formation of new neural connections, and human growth hormone is released.

It's good for your brain (especially your GPA).

- You might think that sleep is optional or a luxury, but in reality it's one of the most important things you need to succeed academically.
- During sleep your brain actively works to **strengthen memory circuits**. It also helps prioritize, reorganize, and consolidate the **information and skills you learned that day**. This means you will have:
 - Increased ability to concentrate
 - Improved recall of information
 - Better performance of new skills



And it's good for your body.

- Sleep restores the body, supports **immune system functioning**, aids in **muscle growth & repair**, and improves **reaction time**.
- Numerous studies have shown that quality sleep is protective against **colds and flu**.
- **Chronic health conditions** are better managed with quality sleep.
- Your **emotional health** is strengthened with sleep. Regular sleep builds your resilience and helps you react better to stress.



LET'S CU SLEEP!

To learn more and find support:

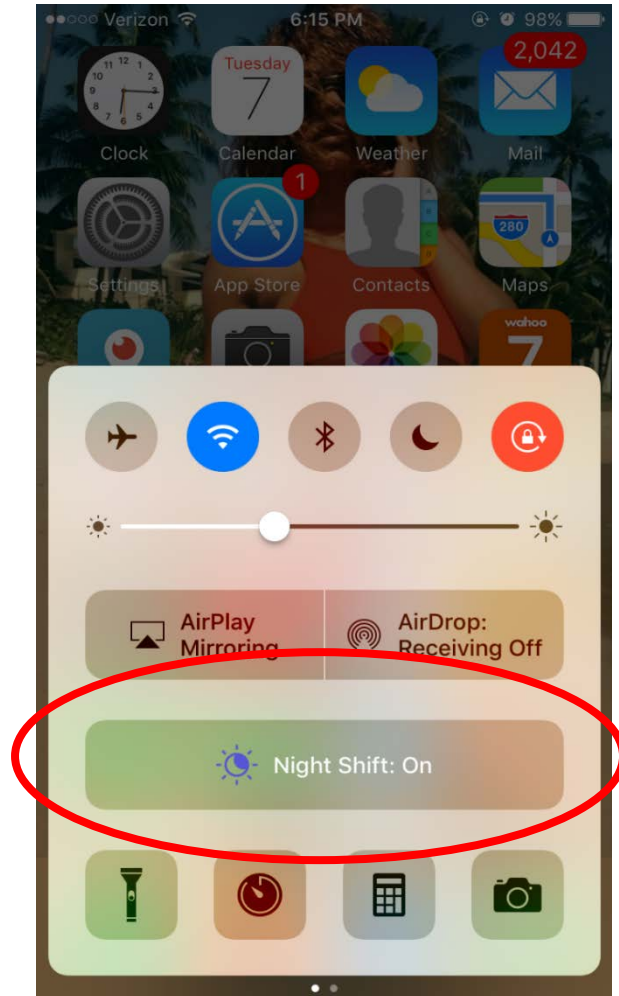
Cornell Health

health.cornell.edu

607-255-5155

Set the mood for slumber.

- **Limit screens 30-60 minutes before bedtime:**
 - Screen light → Decreased melatonin → Increased wakefulness.
 - Use f.lux, Night Shift, etc. to shift the spectrum of your screen lights.
- **Create a relax & wind down routine:**
 - Try writing things down that you're worried about or grateful for, taking a warm shower, or reading a book for fun.
- Avoid exercising or napping close to bedtime.
- Caffeine, alcohol, marijuana, and other drugs impair sleep.



Set the stage for sleep.

- Keep your room **quiet, dark, and cool.**
- Try using earplugs, white noise machines, blackout curtains, sleeping masks, and fans.
- Talk with your **roommates or housemates** so you can create a sleep haven that works for everyone.



Maintain your sleep haven.

- **Only sleep** or do other relaxing activities while in bed.
- If you can't fall asleep, **leave your bed** and do something relaxing until you feel sleepy.
- Set and keep a **regular sleep schedule**.



Power up with power naps.



20-30 minute afternoon power naps can boost alertness and cognitive functioning, while reducing overall stress.

- The short duration of a power nap is designed to prevent you from entering a normal sleep cycle without being able to complete it.
- Set an alarm on your phone to catch a restorative 20-30 minute power nap.