

Required Reading Series:

## Is Your Student Body Getting Enough Sleep?

“Sleep has a big impact on learning. And not just when you do it in class. Sleep deprivation affects memory, cognition and motivation, and the effects are compounded when it’s long-term,” says Anya Kamenetz, contributing education writer for NPR. She continues, “The tougher the school, the later the students go to bed... There was a strong correlation between rankings in *U.S. News & World Report* and bedtime. At Columbia, Stanford, MIT, Princeton and Brown, the midnight oil burns past 1 a.m.”<sup>1</sup>

The National Institutes of Health sites college students as one of the most sleep-deprived populations. Research shows only 11% of students report good sleep with 73% admitting to problems. Why should this matter? Because sleep affects the ability to learn.<sup>2</sup> *Psychology Today* reports that stress is the main issue keeping students awake at night. New routines, developing skills to cope with new challenges (both academic and emotional) and even the newness of campus life surrounded by your peers can make a healthy sleep routine difficult.<sup>3</sup>

How difficult? Difficult enough that students report frequently taking prescription, over the counter, and recreational psychoactive drugs to alter their sleep patterns. Compounding this concern, students reporting the worst quality sleep had significantly more problems with physical and mental health.<sup>4</sup>

But all is not lost. Remedies for better sleep are simple and effective.

Campusmindworks.org offers the following three tips to help your students sleep better:

1. Stop using all technology 30 minutes before bed: no cell phone, no laptop, no tablet. The light blocks melatonin which can help you fall asleep. A 30 minute wind down with relaxation and reading (a paper book) can make it easier to fall asleep.
2. No caffeine after 3 PM.
3. Sleep only an hour longer during the weekend than your latest weekday wake-up time.

Other known tips: exercise, regular physical outdoor activity, a set sleep/wake schedule, and, as a mattress manufacturer, we would be remiss not to say: *sleep on a comfortable mattress*. The National Sleep Foundation, as reported by the Huffington Post, found that 92% of people say a comfortable mattress is important to quality sleep.<sup>5</sup>

### Additional reading:

“Tips for a Good Night’s Sleep” [http://campusmindworks.org/students/self\\_care/sleep.asp](http://campusmindworks.org/students/self_care/sleep.asp)

“Find regular tips and articles here” <https://www.facebook.com/UniversitySleep/>

“Hot Topics: College Students and Sleep” <https://www.geneseo.edu/health/sleep>

### Manufacturer’s Note:

University Sleep Products manufactures Modern Dormitory Mattresses™ each with two levels of firmness per model. Students may decide what is more comfortable for their body type and sleeping position by simply flipping their mattress from firm side to plush side. Visit [www.universitiesleep.com](http://www.universitiesleep.com) to learn more or contact us at [info@universitiesleep.com](mailto:info@universitiesleep.com) or call 224-281-7181.

1. How College Students are Sleeping or Not. <http://www.npr.org/sections/ed/2016/05/02/475581810/how-college-students-are-sleeping-or-not>
2. Facts About Sleep from the National Institutes of Health. [http://campusmindworks.org/students/self\\_care/sleep.asp](http://campusmindworks.org/students/self_care/sleep.asp)
3. Helping College Students Manage Sleep Issues. 9/6/2016 <https://www.psychologytoday.com/blog/think-act-be/201609/helping-college-students-manage-sleep-issues>
4. Sleep patterns and predictors of disturbed sleep in a large population of college students. *Journal of Adolescent Health*. <https://www.ncbi.nlm.nih.gov/pubmed/20113918>
5. National Sleep Foundation Sleep Research Results. [http://www.huffingtonpost.com/2014/02/09/mattress-sleep-health\\_n\\_4740435.html](http://www.huffingtonpost.com/2014/02/09/mattress-sleep-health_n_4740435.html)