



SLEEP

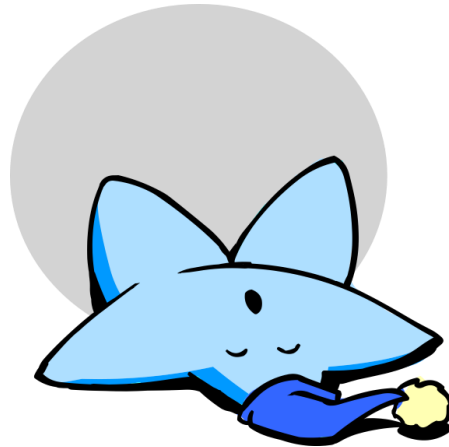
What you need to know!



Center for Health Promotion

ARE YOU GETTING ENOUGH SLEEP?

18-25 year olds should be getting 7-9 hours of sleep in a 24 hour period. 6 or 10 hours may be appropriate. Fewer than 6 hours is not recommended for any age group!



Check out the National Sleep Foundation website at www.sleepfoundation.org for more information on sleep topics and sleep solutions.



Schedule a wind-down routine into your evening.

Limit screen exposure for 30-60 minutes before bedtime.

Avoid exercising & napping close to bedtime.

Limit caffeine, alcohol, marijuana & other substances.

Before bedtime, write a specific to-do list for the next day.

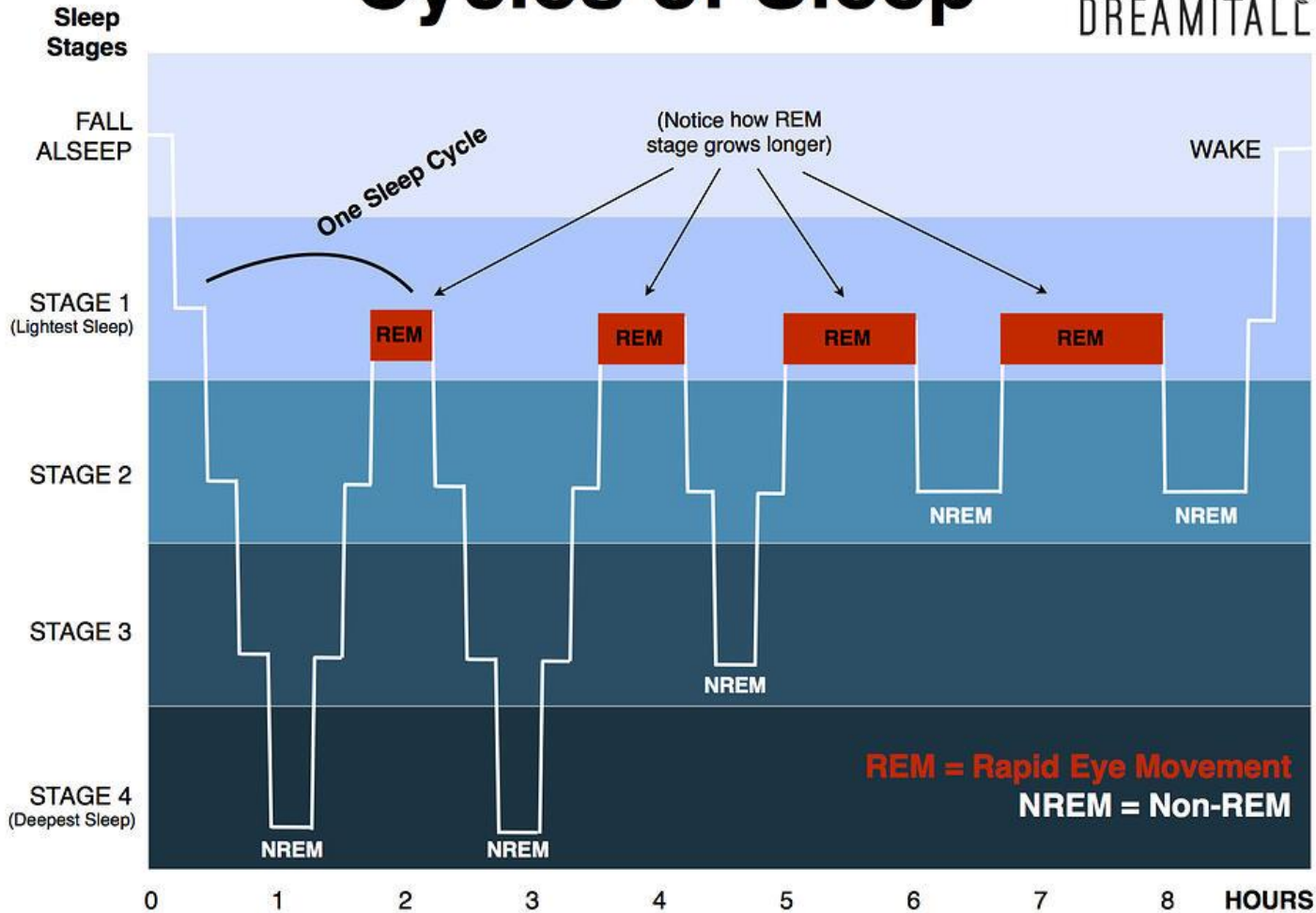


Pick up a free Sleep Kit by calling 607-274-3136.

WHAT HAPPENS WHILE YOU SLEEP?

Cycles of Sleep

DREAMITALL 



What's the purpose of REM sleep?

- **REM (rapid eye movement)**

- 25% of the night; occurs in 90 minute cycles.

- Dreaming occurs.

- Emotions & mood are regulated.

- Muscle cells repair and grow.

- Information learned during the day is consolidated, so you retain better what you've studied.

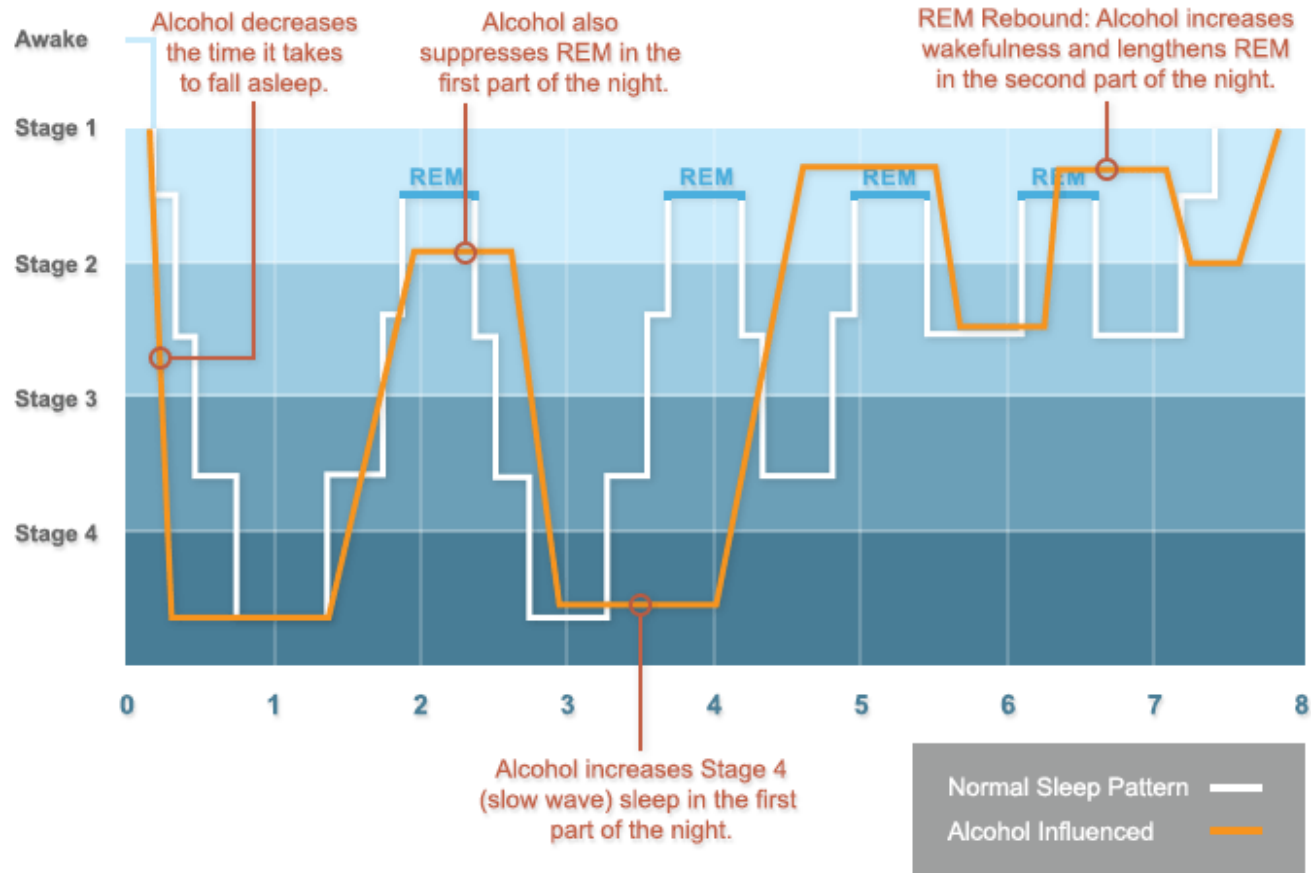


ALCOHOL & SLEEP

You might fall asleep faster, but alcohol interferes with REM sleep...

...reducing overall sleep quality and causing low daytime energy & depressed mood.

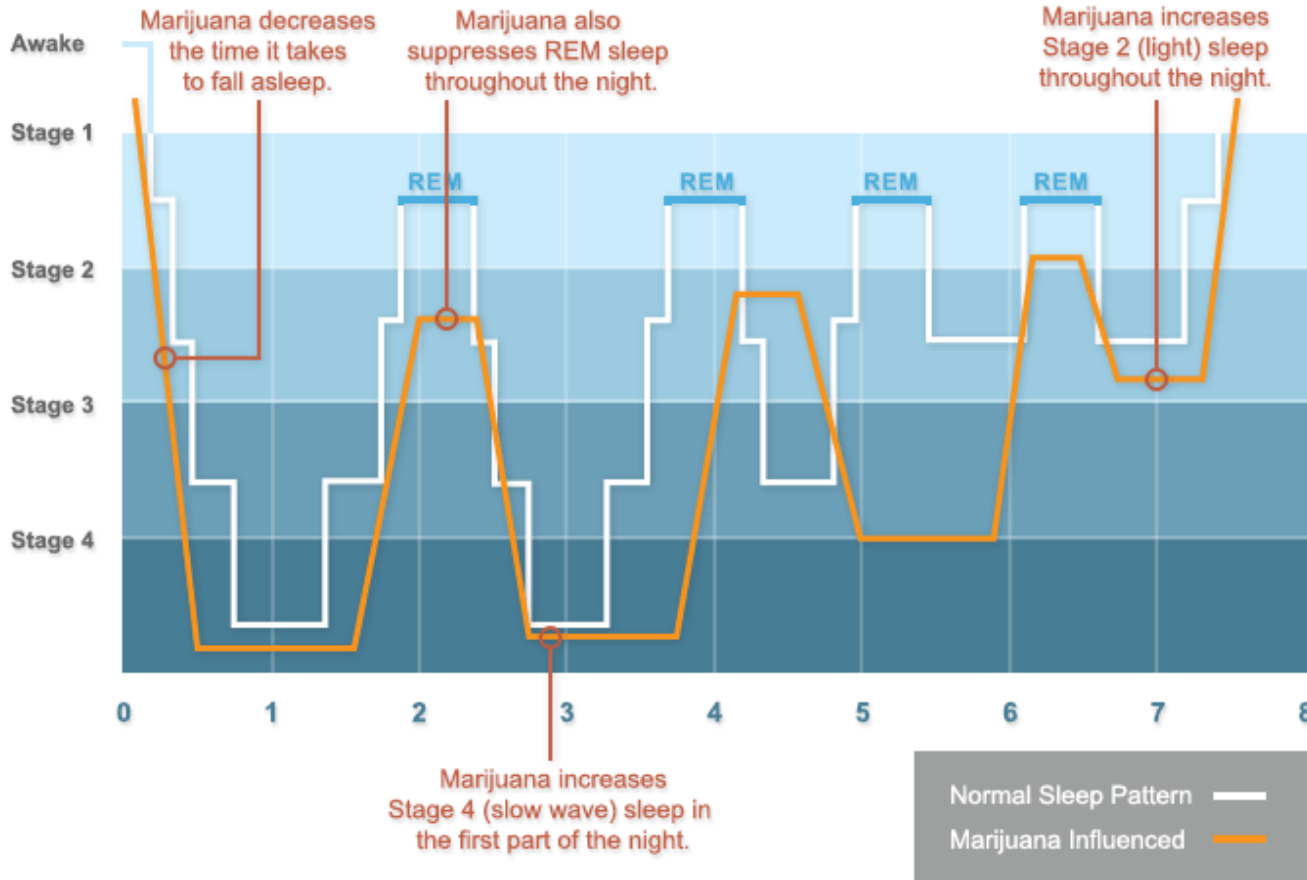
Your muscles won't repair and grow as effectively.



Ref: Roehrs & Roth, 2001

MARIJUANA & SLEEP

ARE YOU DREAMING??



Marijuana is often used as a sleep aide, but it can also suppress REM sleep and cause

- depressed or anxious mood
- daytime fatigue, problems with focus and memory
- ineffective workouts (muscles can't repair or grow as well)

ARE YOU HAVING TROUBLE SLEEPING?



Instead of counting sleep, try making a specific “to-do” list of things for tomorrow. It could help you fall asleep faster!

Create a wind-down routine for yourself and follow it the same way each night.



Reduce the use of caffeine, alcohol, or other substances before bedtime.

AVOID THE CAFFEINE CYCLE

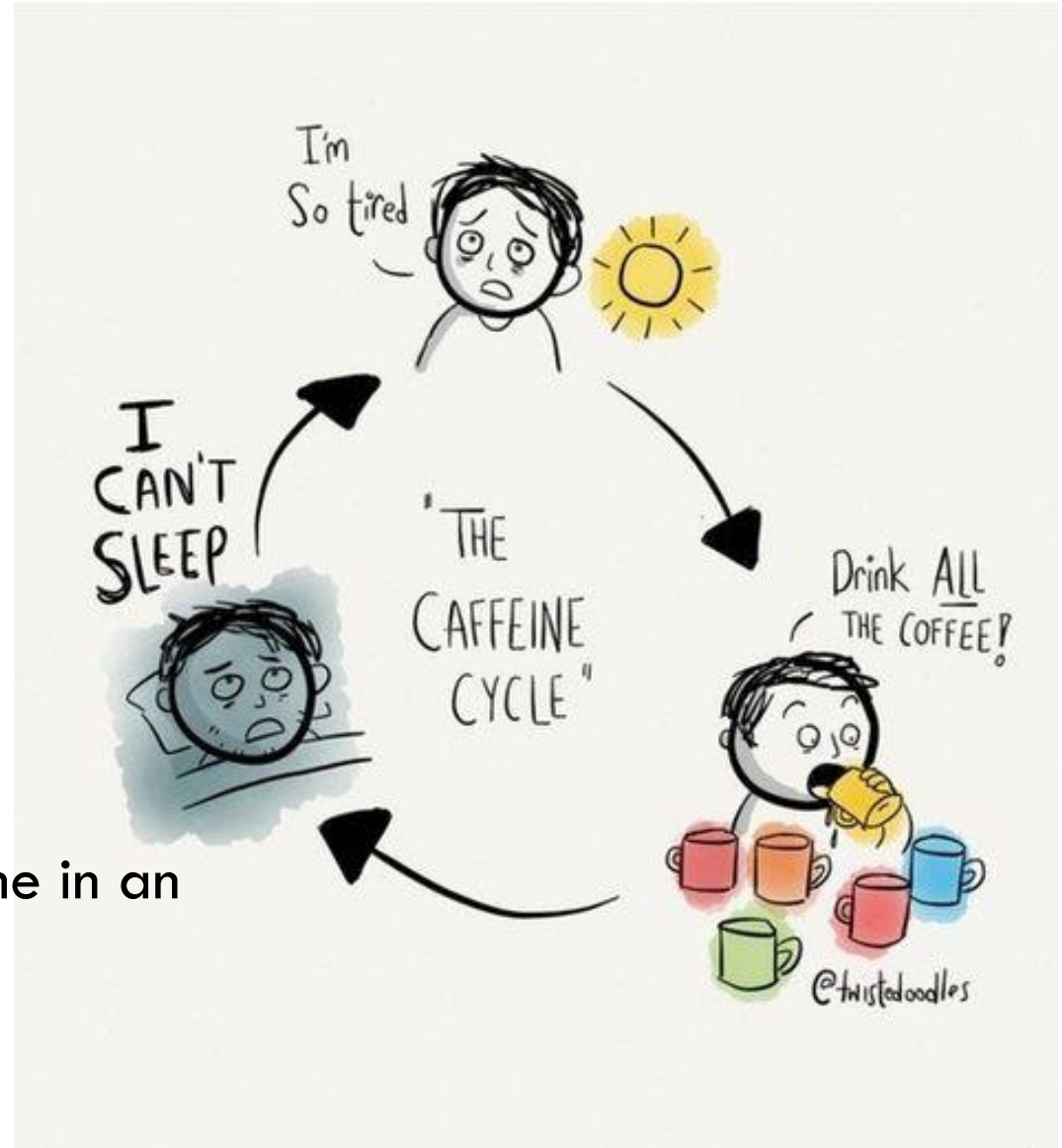
“Up to 400 mg of caffeine a day appears to be safe”

--Mayo Clinic--



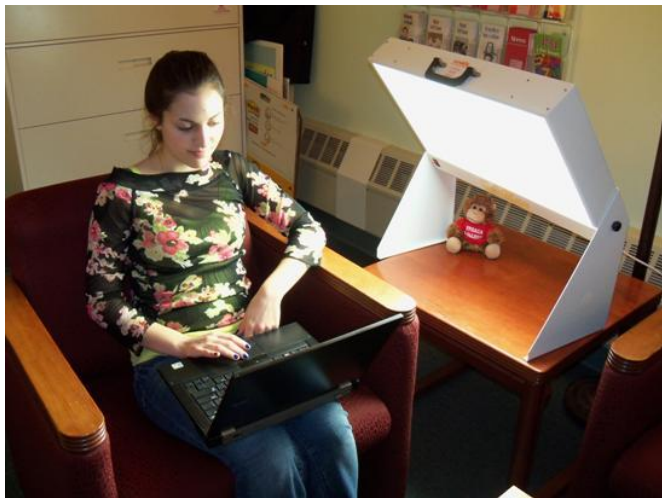
There is 95-165mg of caffeine in an 8oz cup of coffee.

What's your coffee size??



TRY A FREE SLEEP KIT* OR USE A LIGHT THERAPY UNIT!

Light Therapy Units run about \$30-\$40 dollars online. Sleep Kits are available by calling 607-274-3136.



Sleep problems could be the result of:



- Insomnia
- Sleep Apnea
- Restless Leg Syndrome
- Narcolepsy
- Overtraining
- Depression, Anxiety, Stress, Grief (Especially during the pandemic)
- Nutrient Deficiency (such as Vitamin D or iron)
- Certain medications (prescribed or over-the-counter)

GET A CHECK-UP AT THE HEALTH CENTER!

NEED SOME HELP WITH YOUR SLEEP? TRY **THRIVE @ IC**: FREE WELLNESS COACHING!

Get personalized support for any aspect of your health and wellness! Simply email healthpromotion@ithaca.edu to make an appointment for free, confidential wellness coaching with the Center for Health Promotion Nationally Board-Certified Health & Wellness Coaches.



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