SUNY POLYTECHNIC INSTITUTE

Let's Sleep Better SUNY Poly!

87% OF SUNY POLY STUDENTS SURVEYED STATED THEY ALWAYS OR SOMETIMES FEEL SLEEPY DURING THE DAY. FOLLOW THESE TIPS TO IMPROVE YOUR SLEEP!

SUNY Poly Wellness Center Sleep Campaign Partnership with CSI, Residential Life and Housing, Cayan Library, SGU & Athletics

LACK OF SLEEP DROPS YOUR ABILITY TO LEARN NEW THINGS BY UP TO 40%

NORMAL NIGHT'S SLEEP

LACK OF SLEEP

OWEN LAB, WESTERN
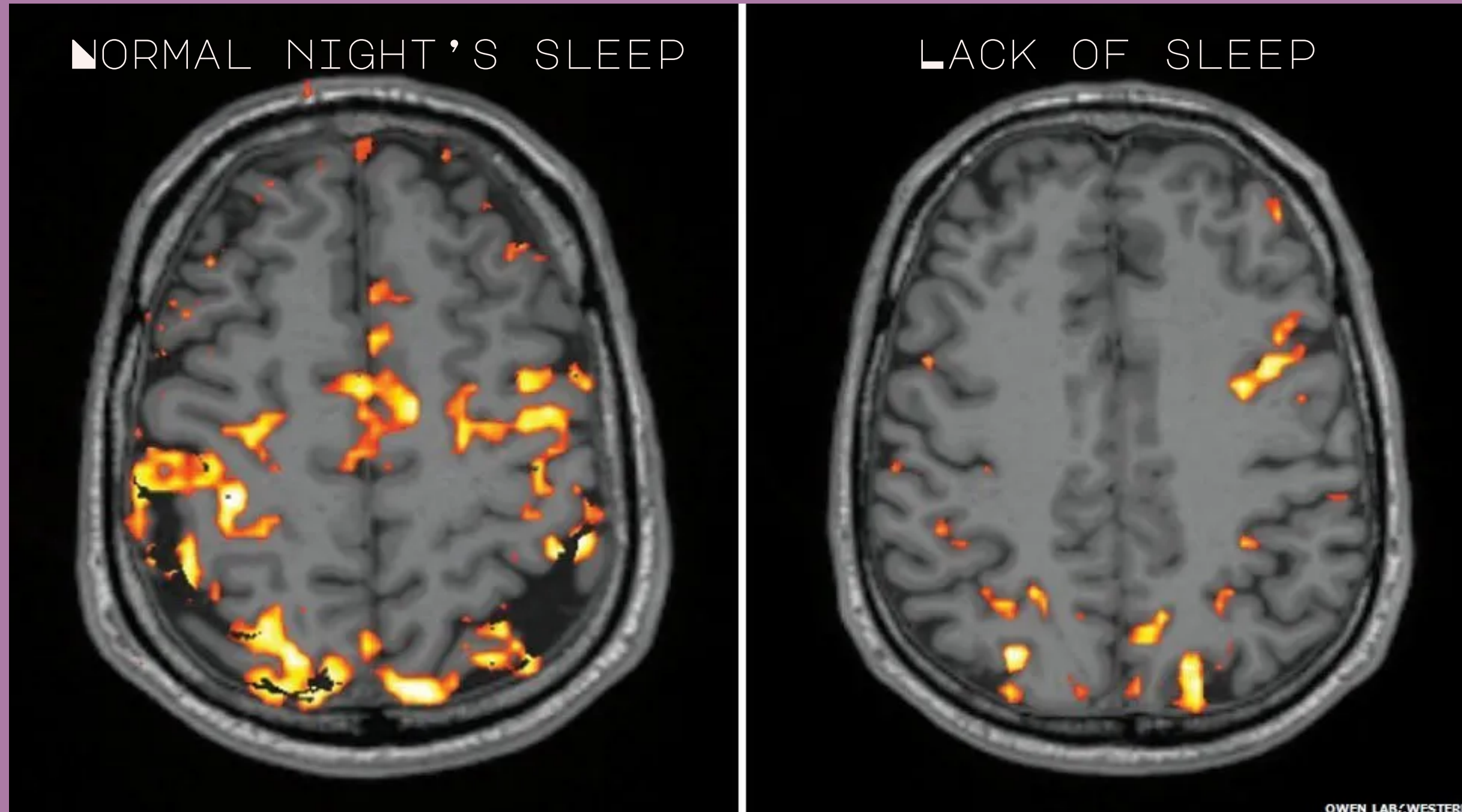
A brain with a normal night's sleep shows more brain activity than a sleep-deprived brain.

Stages of Sleep

STAGE 1

- **Lightest** stage of sleep
- Lasts 1 to 5 minutes
- About 5% of total sleep time

STAGE 2

- **Deeper** sleep
- Heart rate and body temperature drop
- Your brain organizes memories and information from the time you've spent awake
- Lasts 25 mins in the first cycle and lengthens each successive cycle
- 45% of total sleep time

STAGE 3

- Known as slow-wave sleep (SWS)
- **Deepest** stage of sleep
- The body repairs and regrows tissues, builds bone and muscle, and strengthens immune system during this stage
- Makes up 25% of sleep time

STAGE 4

- Rapid Eye Movement (REM) Sleep
- Associated with dreaming and **not considered a restful sleep stage**
- Breathing rate is more erratic and irregular
- First cycle lasts 20 minutes with final cycle lasting up to 1 hour
- 25% of total sleep time

Each cycle of sleep includes these 4 stages of sleep.
College students need 4 - 6 cycles (7-9 hours) of sleep every 24 hours.

Top 5 Reasons SUNY Poly Students Stated They Are Struggling to Fall/Stay Asleep

Inconsistent Sleep Schedule
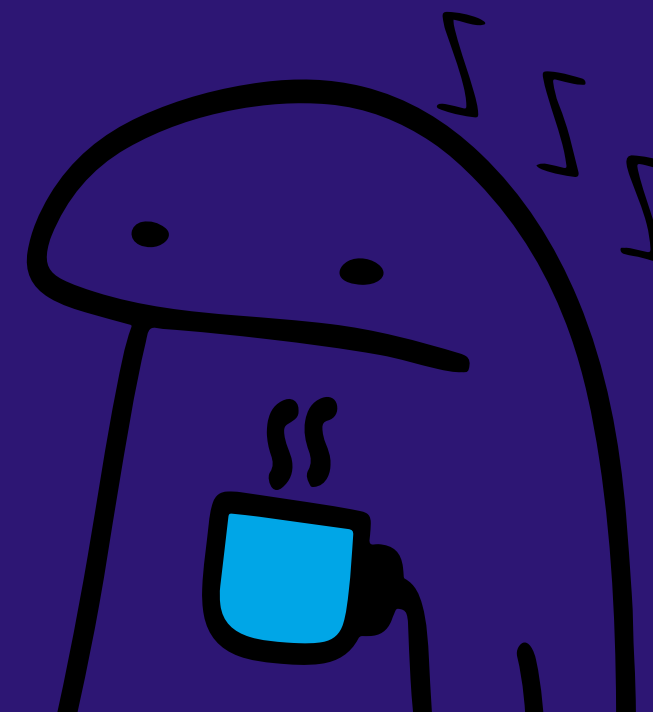
Feeling Anxious or Worried

Academic Stress

Personal Stress

Phone/computer Use Before Bed

Prioritize sleep by creating a consitent sleep schedule

- CREATE A WEEKLY ROUTINE
- SCHEDULE TIME FOR CLASSES, WORK, CLUBS, MEALS, ACADEMIC WORK, SOCIALIZING, RELAXING AND SLEEP
- AIM TO TO SLEEP 7-9 HOURS PER NIGHT
- TRY TO SLEEP AT THE SAME TIME EVERY DAY INCLUDING WEEKENDS

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7am	WAKE UP, GET READY	WAKE UP, GET READY	WAKE UP, GET READY	WAKE UP, GET READY	WAKE UP, GET READY	WAKE UP, GET READY	WAKE UP, GET READY
8am	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
9am	ONLINE COURSE	CLASS	ONLINE COURSE	CLASS	ONLINE COURSE	ACADEMIC WORK	ERRANDS
10am	ONLINE COURSE	CLASS	ONLINE COURSE	CLASS	ONLINE COURSE	ACADEMIC WORK	ERRANDS
11am	CLUB MEETING	CLASS	CLUB MEETING	CLASS	LUNCH	ACADEMIC WORK	ERRANDS
12pm	LUNCH	LUNCH	LUNCH	LUNCH	CLASS	LUNCH	LUNCH
1pm	NAP (20MINS)	NAP (20MINS)	NAP (20MINS)	NAP (20MINS)	CLASS	WORK	WORK
2pm	WORK	CLASS	WORK	CLASS	CLASS	WORK	WORK
3pm	WORK	CLASS	WORK	CLASS	ACADEMIC WORK	WORK	WORK
4pm	WORK	ACADEMIC WORK	SCHOOL EVENT/FUN	ACADEMIC WORK	ACADEMIC WORK	WORK	WORK
5pm	WORK	ACADEMIC WORK	SCHOOL EVENT/FUN	ACADEMIC WORK	SCHOOL EVENT/FUN	WORK	WORK
6pm	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
7pm	ACADEMIC WORK	ACADEMIC WORK	ACADEMIC WORK	ACADEMIC WORK	FUN	SCHOOL EVENT/FUN	ACADEMIC WORK
8pm	ACADEMIC WORK	ACADEMIC WORK	ACADEMIC WORK	ACADEMIC WORK	FUN	SCHOOL EVENT/FUN	ACADEMIC WORK
9pm	RELAX	RELAX	RELAX	RELAX	FUN	RELAX	RELAX
10pm	RELAX	RELAX	RELAX	RELAX	RELAX	RELAX	RELAX
11pm	SLEEP	SLEEP	SLEEP	SLEEP	SLEEP	SLEEP	SLEEP

WAYS TO REDUCE ANXIETY AT NIGHT

BREATHING EXERCISES

Focusing on your breath can help lull you to sleep.

WRITING

Write down everything that is worrying or bothering you and think of solutions.

PROGRESSIVE MUSCLE RELAXATION

Tense and then release individual muscle groups, like your neck, shoulders and legs, one at a time.

MEDITATION

Follow a guided meditation online.

READ BEFORE BED

Reading can help relax your brain before bed.

GUIDED IMAGERY

Picture yourself in relaxing, pleasant environments instead of stressful situations.

Reducing Technology Use Before Bed

NUMEROUS STUDIES HAVE SHOWN A LINK BETWEEN USING DEVICES WITH SCREENS BEFORE BED AND THE AMOUNT OF TIME IT TAKES FOR SOMEONE TO FALL ASLEEP.

Tips to Reduce Technology Use Before Bed

- Avoid using an hour before bed time
- Use a basic alarm clock
- Create a dedicated space for electronics away from your bed (ex. in a drawer)
- Keep something to read nearby
- Don't do work in bed
- Set boundaries with friends, family and work (use do not disturb or inform them you won't be accessible during the late evening)
- Filter out blue light on your phone
  - For iPhones, go to Settings > Display & Brightness > Night Shift
  - For Androids, go to Settings > Display > Eye Comfort > Choose Adaptive or Custom

In a survey of almost 150 **SUNY Poly students**, nearly half of students stated they do not nap.

Here's why you might want to consider napping:
- Napping can elevate your mood.
- Napping vastly helps you consolidate newly learned information.

Two Types of Naps to Consider (Naps should be taken before 4pm to reap benefits)	
The Power Nap (20 Minute Nap)	**The Full Cycle Nap** (90 Minute Nap)
• Leaves you feeling rested, and restored and reduces overall stress • Helps you memorize information • Prevents you from entering a normal sleep cycle that you won't be able to finish	• Completes one full cycle of sleep and mimics overall stage percentages of sleep in a fraction of the time • Synethsizes nelwy learned information and boosts motor function

Sleep Hygiene

- Develop a routine before going to bed
- Keep your room **quiet**, **cool,** and **dark**
  - Use earplugs, white noise machines, curtains, sleeping masks and fans to help
- ONLY sleep and unwind in bed. Do not use your bed to work.
- If you can't fall asleep, leave your bed and do something relaxing until you feel sleepy
- Avoid large meals, caffeine and alcohol before bed
- Do not use electronic devices an hour before bed