

SUNY POLY SLEEP AWARENESS CAMPAIGN

FACT SHEET Sleep is as important as food, water and air.



Why is sleep important?

The Office of Disease Prevention and Health Promotion lists that sleep benefits your mental and physical performance, emotional well-being, supports weight management, and helps keep your immune system strong.

MORE Zzzs LEAD TO MORE A's

According to a study conducted by the National Sleep Foundation, college students who got at least 7 hours of sleep before an exam got a better grade and had a higher GPA overall than students who skipped sleep.



Disturbed sleep was found to have more significant negative associations with academic success than stress, alcohol and marijuana use.



Sleep for Student Athletes!

According to the Sleep Foundation, student-athletes who regularly sleep less than eight hours a night are 1.7 times more likely to sustain an injury. Studies on short-term and long-term sleep deprivation propose that sleep deprivation lowers endurance in runners, cyclists, and weight lifters. Sleep-deprived athletes subjectively tire faster and find it more of an effort to complete tasks.

SLEEP & APPEARANCE

According to the American Academy of Sleep Medicine, a study finds that sleep deprivation affects facial features such as the eyes, mouth and skin. Sleep deprivation was associated with paler skin, more wrinkles or fine lines, and more droopy corners of the mouth.



87% of SUNY Poly students surveyed stated they always or sometimes feel sleepy during the day. Follow these tips to improve your sleep!

SLEEP HYGIENE

Habits and practices that are conducive to sleeping well on a regular basis.



- 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



The CDC recommends exercising in the morning or late afternoon to promote good sleep. Vigorous exercise is not recommended before bed.



USE THE SUNY POLY NAP MAP AND TAKE A POWER NAP!



- A power nap leaves you feeling rested, and restored and reduces overall stress
- Naps help you memorize information
- Naps prevent you from entering a normal sleep cycle that you won't be able to finish

POWER OFF

TIPS TO REDUCE TECHNOLOGY USE BEFORE BED

- Use a basic alarm clock
- Create a dedicated space for electronics away from your bed
- 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 last evening)
- Filter out blue light on your phone

