

SLEEP

WHAT'S HAPPENING HERE:

STUDENTS FEELING RESTED EACH MORNING:



10% 0 DAYS

33% 1-2 DAYS

45% 3-5 DAYS

12% 6-7 DAYS

1 in 3

students found sleep difficulties very difficult to handle within the past year.

22%

of students found sleep difficulties negatively impacted their academic performance

SPOTLIGHT ON SLEEP

- ▶ The average young adult needs approximately 8 hours of sleep each night
- ▶ Insufficient sleep lowers brain function and can negatively affect your learning
- ▶ Your body does not adapt to less sleep — instead you become chronically sleep deprived
- ▶ Regular exercise improves sleep, as long as it is done more than 3 hours before bedtime
- ▶ Students who get more than 6 hours per night consistently have higher G.P.A.s than those who don't.

SLEEP RESOURCES

ON CAMPUS:

- University Health Service: 104 UMSU University Centre
- Health & Wellness Office: 469 UMSU University Centre
- Healthy U: umanitoba.ca/student/health-wellness/healthyu
- Student Counselling Centre: 474 UMSU University Centre

OFF CAMPUS:

- Contact your family physician

ONLINE:

- Canadian Sleep Society: css-scs.ca
- Sleep Resource Center: sleepresourcecenter.org
- Relax Melodies: Sleep Sounds, White Noise, and Fan: available free in the App Store and on Google play

TAKE ACTION

- ▶ Turn off your phone! One of the most important things an individual can do is limit the amount of time spent on electronic devices before bed. They emit a blue light that triggers your body to wake up.
- ▶ Set a regular sleep schedule for yourself: try to go to sleep and wake up at the same time each day
- ▶ Avoid caffeine after lunch
- ▶ Taking a hot bath or shower before bed changes your core temperature and signals for sleep
- ▶ Make sure you get sunlight during the day, as this helps maintain your sleep-wake cycle
- ▶ If you need to take a nap during the day, keep it to 20 minutes to avoid disrupting your nighttime sleep



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