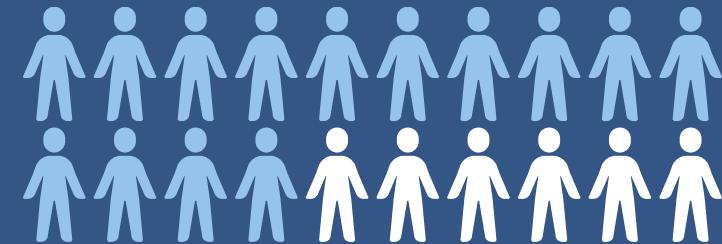


Catching Zzz's and A's

70%



of college students report less than 8 hours of sleep every night²

This is an example of voluntary sleep deprivation.

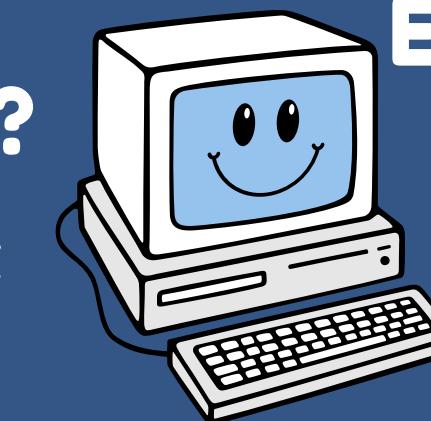
Think you could be sleep deprived?

Take the quiz here ↓



CAUSES?

ELECTRONICS



Exposure to electronics and blue light can harm your sleep patterns.¹ Light suppresses release of melatonin, delaying sleep.²

CAFFEINE



Effects of caffeine last up to 7 hours, meaning even consuming caffeine in the afternoon disrupts sleep.²

REVENGE BEDTIME



Students may engage in “revenge bedtime procrastination” as a way to compensate for a lack of time during the day.⁵ This could be watching TV, catching up with friends or delaying sleep in any way.

STUDYING



Studying and cramming for an exam are common reasons students lose sleep. Many believe that if they stay up longer studying, they will perform better, but this is false.

SO WHAT?

sleep deprivation can lead to.....

- moodiness and emotional imbalance
- inattention and possible recklessness
- possible increased cardiovascular disease risk⁴
- poor academic performance

But, there are solutions!

Strategies:

1. Time management

Making schedules and sticking to them



2. Prioritizing sleep

Be sure to set boundaries that 8 hours of sleep is a necessity



3. Set yourself up for success!

Avoid caffeine intake after noon and limit screen time a few hours before bedtime.



4. Education

Listen to what your body needs, and be sure to research what habits may be contributing to your lack of sleep quality.



Citations:

1. Hershner, S., & O'Brien, L. M. (2018). The Impact of a Randomized Sleep Education Intervention for College Students. *J Clin Sleep Med*, 14(3), 337-347.
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<https://doi.org/10.2147/NSS.S62907>
3. Pilcher, J. J., & Walters, A. S. (1997). How sleep deprivation affects psychological variables related to college students' cognitive performance. *J Am Coll Health*, 46(3), 121-126. <https://doi.org/10.1080/07448489709595597>
4. Khan, M. S., & Aouad, R. (2022). The Effects of Insomnia and Sleep Loss on Cardiovascular Disease. *Sleep Med Clin*, 17(2), 193-203.
<https://doi.org/10.1016/j.jsmc.2022.02.008>
5. Deeg, J. (2024, February 20). *It goes by the name “bedtime procrastination,” and you can probably guess what it is.* Scientific American.
<https://www.scientificamerican.com/article/it-goes-by-the-name-bedtime-procrastination-and-you-can-probably-guess-what-it-is/>