

R E S O U R C E S

NATIONAL CENTER ON SLEEP
DISORDERS RESEARCH
WWW.NHLBI.NHI.GOV/SLEEP

AMERICAN ACADEMY OF SLEEP
MEDICINE
WWW.AASMNET.ORG

NATIONAL SLEEP FOUNDATION
WWW.SLEEPFOUNDATION.ORG



CHECK OUT
AN ONLINE
STRESS PROGRAM -
AVAILABLE TO ALL
TUFTS STUDENTS.

WWW.MYSTUDENTBODY.COM
(SCHOOL CODE - JUMBOS)



HEALTH SERVICE
TUFTS UNIVERSITY

124 PROFESSORS ROW
MEDFORD, MA 02155
617.627.3350

ASE.TUFTS.EDU/
HEALTHSERVICE/

COUNSELING AND MENTAL
HEALTH SERVICE

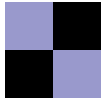
120 CURTIS STREET
MEDFORD, MA 02155
617.627.3360

ASE.TUFTS.EDU/COUNSELING



Jumbo Sleeps Tonight





THE FACTS

COLLEGE STUDENTS ARE AMONG THE MOST SLEEP-DEPRIVED PEOPLE IN THE COUNTRY:

AT LEAST 2/3 REPORT OCCASIONAL SLEEP DISTURBANCES

1/3 OF THOSE WHO REPORTED SLEEP DISTURBANCES REPORTED SEVERE DIFFICULTIES

ONLY 11% MEET THE CRITERIA FOR GOOD SLEEP QUALITY

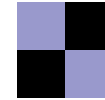
LACK OF SLEEP CAN CAUSE OR WORSEN:

**MEMORY LOSS
DIFFICULTY CONCENTRATING
POOR ACADEMIC PERFORMANCE
WEAKENED IMMUNE SYSTEM
IRRITABILITY
DEPRESSION**

DRIVING TIRED IS AS DANGEROUS AS DRIVING INTOXICATED

**SLEEP QUALITY MAY BE MORE IMPORTANT THAN QUANTITY.
CONSIDER THESE TIPS...**

- Avoid caffeine, nicotine, & alcohol for 4 to 6 hours before bedtime; all have a negative effect on sleep quality.
- Exercise regularly, but not within 4 to 6 hours of bedtime. Working out earlier in the day, though, can actually improve sleep.
- Relax before bed - listen to relaxing music; do deep breathing or stretching. Clear out your mind by writing down your thoughts.
- Avoid spicy foods or over-eating before bed.
- Link your bed to slumber; don't watch T.V. or do work in bed.
- Stop studying and/or using your computer 30 minutes before going to sleep.
- Go to bed when sleepy. If you can't fall asleep within 15 to 20 minutes, get out of bed & read a book or do something else relaxing. Return to bed when sleepy.
- Make sure your bed is comfortable & the room conducive to restful sleep-- quiet, comfortable & a cool temperature. Ear plugs & eye masks may help.
- Wake up about the same time every day, even on weekends, to normalize the sleep-wake schedule.
- If you take naps, do so during the mid-afternoon for no more than 30 minutes.
- Use sleep aids only as prescribed by your health care provider.



DO YOU...

- have a hard time falling asleep, even when very tired?
- find that alcohol helps you go to sleep?
- study up until the time you go to sleep?
- try to catch up on sleep on the weekends or by napping?
- doze off easily in class, while studying, watching a movie, etc.?
- often feel "spaced out"?

College students need approximately 8 hours of sleep, since the deep sleep that occurs early and the dream sleep that occurs later in the night are required for learning, remembering information and for overall optimal functioning.

**CHECK OUT THE RESOURCES IN THIS PAMPHLET.
TAKE AN ONLINE SLEEP QUIZ OR CONTACT A CLINICIAN WITH YOUR QUESTIONS.**

