Stall Talk
Volume 14, Issue 9
October 15, 2012

Gee! I’m tuckered out!

10 Tips for Better Sleep

1) Go to bed & get up at about the same time every day, even on the weekends.
2) Don’t eat or drink large amounts before bedtime.
3) Avoid nicotine, caffeine & alcohol in the evening.
4) Exercise regularly.
5) Make your bedroom cool, dark, quiet & comfortable.
6) Sleep primarily at night.
7) Only use your bed for loving and sleeping; not for studying, working, or surfing the web.
8) Practice a relaxing bedtime routine.
9) Go to bed when you’re tired & turn out the lights.
10) Don’t take naps too late in the afternoon and keep them short (about 15-30 minutes)

For most adults, 7 to 8 hours a night appears to be the best amount of sleep. However, for some people, “enough sleep” may be as few as 6 hours or as many as 10 hours of sleep.

Stress & Anxiety
Not getting enough sleep can increase anxiety and increases the effects of stress on the body.

Avoid the hassle and get an adequate amount of sleep every night!

www.mayoclinic.com

REM Sleep
(It’s the best kind!)

Rapid Eye Movement (REM) sleep is important for consolidating newly learned information and is where you most vividly dream. A large portion of REM sleep occurs toward the end of the night or the end of your sleep cycle. So, this means that studying most of the night for a test and then sleeping for only a few hours actually decreases your ability to remember information and thus do well on the test. Sorry folks!

Did you know...
According to a study done in 2011, a whopping 70% of college students do not get the recommended 7-8 hours of sleep a night! Good thing you’re reading this Stall Talk, huh!? Sleep tight!

www.medicalnewstoday.com

Move More to Sleep Better
Try to include at least 30 minutes of moderate physical activity in your day. Engaging in moderate physical activity most days of the week may decrease stress and improve your mood, leave you feeling energized. However, getting exercise will also help you to sleep better at night. Don’t schedule your activity too close to bedtime, though, or you might have trouble falling asleep.

www.mayoclinic.com

National Sleep Foundation
2010 Sleep in America Poll found that the average person sleeps 6 hours & 40 minutes per night.

www.sleepfoundation.org

Learn more about sleep! Students T.A.L.K. offers a Sleep Wellness program designed to help you identify and establish healthy sleep habits and strategies! Have us come speak to your floor or classroom! To schedule and event call our office at (309)298.3225.

Upcoming Campus Events

- October 17 - Love Your Body Day/Women's Center Resource Fair
- October 18 - Take Back the Night March and Rally - 6:30 p.m. - Sherman Circle

Follow us on Twitter - @BeuHealthEd

Stall Talk is brought to you by Beu Health Center Graduate Assistant Liz Andrews and Students T.A.L.K. peer educators. For more information, call (309)298.3225 For more health info, visit beu.wiu.edu. For adaptive format see the Disability Resource Center.