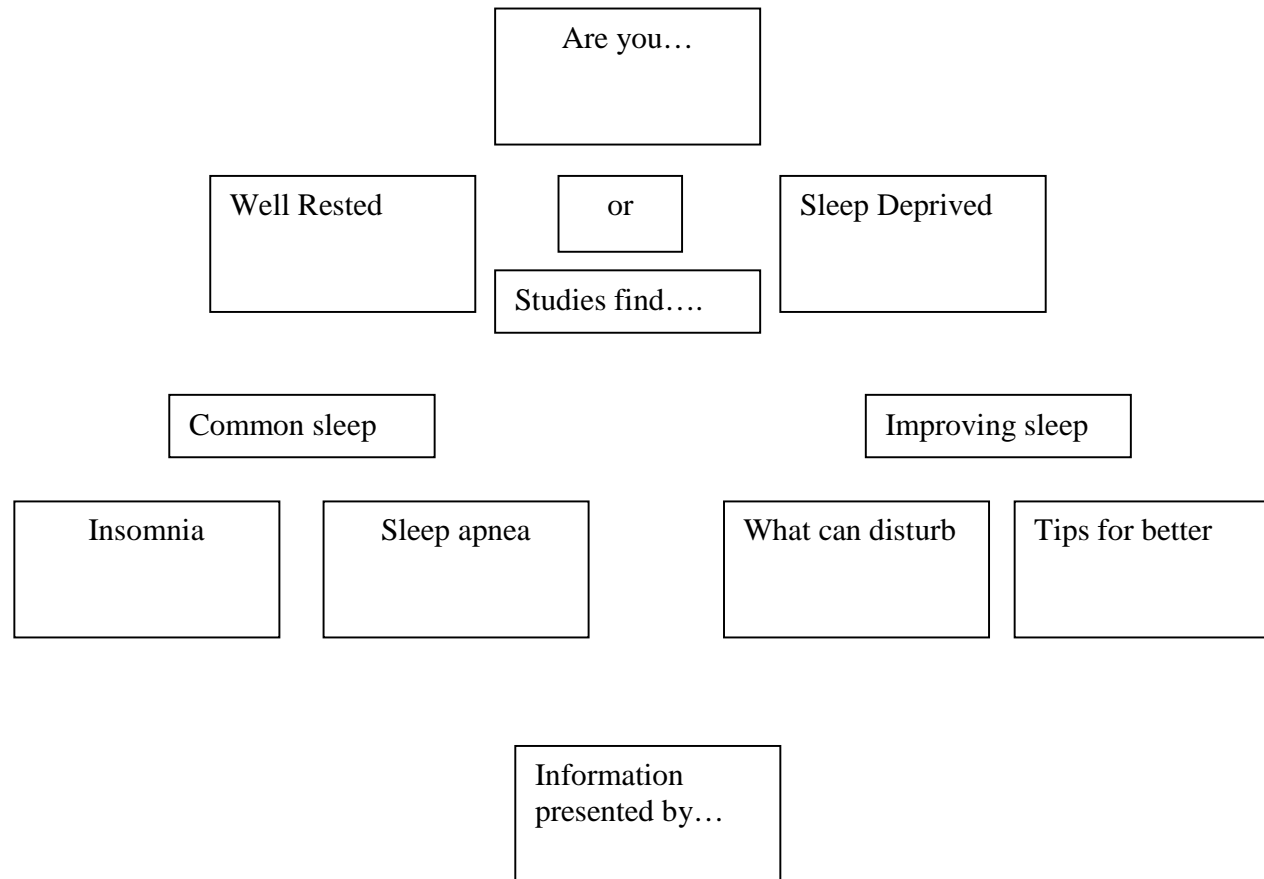


Directions for “Are you Well Rested or Sleep Deprived” Bulletin Board

1. Cut out pages 4 and 6 along the dotted line. Trim further as desired.
2. A suggestion for the layout is below:



ARE YOU...

Well Rested?



Or

*** Studies find approximately 20 percent of college students suffer from sleeping disorders, including insomnia.**

*<http://www.sleep-deprivation.com/articles/causes-of-sleep-deprivation/students-and-sleep.php>

Sleep Deprived?



Common Sleep Disorders

Improving Sleep ‘Hygiene’

What is Insomnia

According to the National Institutes of Health*:

- Insomnia (in-SOM-ne-ah) is a common condition in which you have trouble falling or staying asleep. This condition can range from mild to severe, depending on how often it occurs and for how long.
- Insomnia can be chronic (ongoing) or acute (short-term). Chronic insomnia means having symptoms at least 3 nights a week for more than a month. Acute insomnia lasts for less time.
- Some people who have insomnia may have trouble falling asleep. Other people may fall asleep easily but wake up too soon. Others may have trouble with both falling asleep and staying asleep.
- As a result, insomnia may cause you to get too little sleep or have poor-quality sleep. You may not feel refreshed when you wake up.

*http://www.nlm.nih.gov/health/doi/Diseases/inso/inso_what.html



Sleep Apnea

Think snoring is just an annoying habit? It may be an indication of sleep apnea. According to the American Sleep Apnea Association, sleep apnea affects more than 12 million Americans, which causes a person to stop breathing repeatedly during their sleep. In most cases, sleep apnea is caused by the soft tissue of the throat collapsing during sleep and blocking a person's airway. A person with sleep apnea will commonly experience daytime sleepiness, as his/her sleep patterns at night are too disruptive to provide adequate rest. Treatment is available and should be discussed with a doctor.

From: www.sleepapnea.org



What can disturb your sleep?

- *Working long hours*
- *Stress*
- *A sick child*
- *Light or noise from traffic or TV*
- *Feeling too hot or cold*
- *Wine, beer, or liquor*



Tips for Better Sleep!

- Go to bed and get up at the same times each day.
- Avoid caffeine, nicotine, beer, wine and liquor in the four to six hours before bedtime.
- Don't exercise within two hours of bedtime.
- Don't eat large meals within two hours of bedtime.
- Don't nap later than 3 p.m.
- Sleep in a dark, quiet room that isn't too hot or cold for you.
- If you can't fall asleep within 20 minutes, get up and do something quiet.
- Wind down in the 30 minutes before bedtime by doing something relaxing.

Information presented by:



Health, Wellness, and Recreation Center

Room 1106

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