Description: This bulletin board packet includes information on the topic of Sleep. Sleep tips, resources, and benefits are all included in the information provided. We have created the materials and provided an example of how to display the information. If you have any questions or would like additional information or materials please contact the Office of Health Promotion at (610) 519-7408 or email us at healthbytes@villanova.edu.

When to display this board: The first few weeks of the semester, before finals or midterms, Sleep Awareness Month (March).

Ways to alter this board: You can re-create the information with different themes. Include other information on sleep, napping, sleep disorders or sleep tips. Get creative!
Sleep has many positive effects on health and well-being, but many college students report getting insufficient sleep each night. It's necessary to develop good sleep habits in order to stay healthy and help your body and mind to rest and recharge.

**Benefits of Sleep**

- Promotes memory consolidation of what you study
- Affects processing speed so that you can learn faster!
- May help you to pay better attention in class
- Helps you maintain your weight
- Makes you feel refreshed and ready for work or exams
- Improves athletic performance by enhancing motor skills
- Lowers your risk of injury
- Helps maintain energy balance
- Boosts immune health
- It's a cheap, easy way to look and feel better!

**How Much Sleep Do I Really Need?**

<table>
<thead>
<tr>
<th>Teenager</th>
<th>7-9</th>
<th>Recommended Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>Young Adult</td>
<td>8-10</td>
<td>May Be Appropriate</td>
</tr>
<tr>
<td>Adult</td>
<td>7-10</td>
<td>Not Recommended</td>
</tr>
</tbody>
</table>

**Sleep Tips**

- Go to bed and get up at the same time every day.
- Use your bed for sleeping, not studying.
- Avoid caffeine, alcohol, nicotine, and strenuous exercise 2-3 hours before bedtime.
- Use the same pillow and comfortable bed linen every night.
- Keep your bedroom cool, dark, and quiet.
- Limit daytime naps to 30 minutes.
- If you can't fall asleep, get up and do something quiet and relaxing, then try going back to bed when you're sleepy.

**Office of Health Promotion**

- Online Sleep Assessment
- Sleep Diary
- One on One Sleep Consultations
- More information email: healthbytes@villanova.edu

**The University Counseling Center**

- Free, confidential help is available by stopping by the Counseling Center located in room 206 of the Health Services Building or by calling (610) 519-4400

**The Student Health Center**

- Open 24hrs/7 days a week during the academic year (610) 519-4070

**Sleep Resources**

- National Sleep Foundation: www.sleepfoundation.org
- American Academy of Sleep Medicine: www.sleepeducation.com
- NIH National Center on Sleep Disorders Research: www.nhlbi.nih.gov/about/orceor
Use your bed for sleeping, not studying.

Get to bed and greet the morning at the same time every day.
To stay healthy and energetic, make sleep part of your fitness plan.

If you can't sleep, go into another room and do something relaxing until you feel tired.

Avoid using electronics an hour before bed. Try reading instead!

Constantly fighting a cold? Sleep can help boost your immune system.
Sleep Tips

Avoid caffeine, alcohol, nicotine, and strenuous exercise 2-3 hours before bedtime.

Keep your naps short and sweet. Try limiting your siesta to 20-30 minutes.
<table>
<thead>
<tr>
<th>Age Group</th>
<th>Recommended Range</th>
<th>May be Appropriate</th>
<th>Not Recommended</th>
</tr>
</thead>
<tbody>
<tr>
<td>Teenager 14-17 years</td>
<td>7-8</td>
<td>9-10</td>
<td>11</td>
</tr>
<tr>
<td>Young Adult 18-25 years</td>
<td>6-7</td>
<td>8-9</td>
<td>10-11</td>
</tr>
<tr>
<td>Adult 26-64</td>
<td>6-7</td>
<td>8-9</td>
<td>10</td>
</tr>
</tbody>
</table>
Benefits of Sleep

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