Bulletin Board Packet

*Want More A’s? Get More ZZZ’s!*

**Description:** This bulletin board packet includes information on the topic of sleep. Sleep tips, resources, and benefits are all included in the information provided. If you have any questions or would like additional information or materials, please contact the Office of Health Promotion at (610) 519-7407, or e-mail us at healthbytes@villanova.edu.

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

**Instructions for assembling and/or altering this board:**

- Print and cut out the bubble letters, cloud Z’s, dragonfly wings, and moon on white paper.
- Glue the dragonfly wings behind Z, so it looks like it’s flying.
- Print and cut out the stars on yellow paper.
- The infographic worksheet, Tips for 8 hours, Would You Rather, How Much Sleep Do I Really Need, Late Night, and Sleep Resources documents should all be printed in color.
- Several copies of the resources page should be made and tacked to the board so that students may grab a copy as they pass by.
- In order to tack the copies of the resources page to the bulletin board, you should use a binder clip to hold the papers together and then secure the binder clip to the bulletin board.
- The document to the left of the infographic worksheet on the bulletin board should be changed out every week. The interchangeable documents are Tips for 8 hours, Would You Rather, How Much Sleep Do I Really Need, and Late Night.
Dragonfly
a
QUICK TIPS

FOR 8 HOURS

• Beds are for sleeping not studying.

• Avoid electronics 1 hour before bedtime.

• Stick to a routine. Go to bed and wake up at the same time every day.

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

• Stick to 20-30 minute naps.

• Download an app to remove the blue light on your phone that interferes with sleep (F.lux or Twilight) OR turn it off in your phone settings.
WOULD YOU RATHER

have a GPA of

3.24

OR

2.74?

Research states that the mean GPA for college students who get less than 6 hours of sleep is 2.74.
SLEEP RESOURCES

Office of Health Promotion
Monday-Friday, 9:00am-5:00pm, HSB 113
-Provides sleep diary, consultations, and online sleep assessment
  *For questions and more information, e-mail healthbytes@villanova.edu

Student Health Center
24 hours/7 days a week, HSB Third floor
  *Walk in or call for an appointment at (610)519-4070

University Counseling Center
Monday-Friday, 9:00am-5:00pm, HSB Second floor
  -Free, confidential support
  *Call (610)519-4050 OR walk in to schedule your appointment

ADDITIONAL RESOURCES:

National Sleep Foundation
www.sleepfoundation.org

American Academy of Sleep Medicine
www.aasm.net.org

NIH National Center On Sleep Disorders Research
www.nhlbi.nih.gov/about/org/ncsdr
USE YOUR HEAD
GO TO BED

AVERAGE HOURS OF SLEEP PER NIGHT

- Average College Student
- Desired Amount of Sleep

7.06 hours/night
8.0-9.10 hours/night

20% of college students pull an all-nighter at least once a month

Mean GPA of students who got 5 hours of sleep or more nightly: 3.24
Mean GPA of students who slept 6 hours or less nightly: 2.74

CONSEQUENCES OF SLEEP DEPRIVATION

- Impaired mood
- Increase chance of motor vehicle accidents
- Poor health
- Weight gain

DANGER!!

WHAT'S KEEPING YOU UP?

Cell phone
Caffeine
Laptop
Tobacco
TV Use
Alcohol

8 REASONS FOR 8 HOURS

1. You'll be happier
2. No bags under eyes
3. More concentration and productivity
4. Reduces risk for obesity
5. Fights colds
6. Improves exercise
7. Keeps appetite hormones in check
8. Lower chance of heart disease and diabetes
Want More A's
Get More ZZZ's
HOW MUCH SLEEP DO I REALLY NEED?

WOULD YOU RATHER

Have your GPA be

3.24

OR

2.74

LATE NIGHT?

SIDE EFFECTS INCLUDE:

DECREASED PERFORMANCE
INCREASED STRESS AND ANXIETY
WEIGHT GAIN
BAGS UNDER YOUR EYES
DECREASED ACADEMIC PERFORMANCE
References


