



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 healthybytes@villanova.edu.

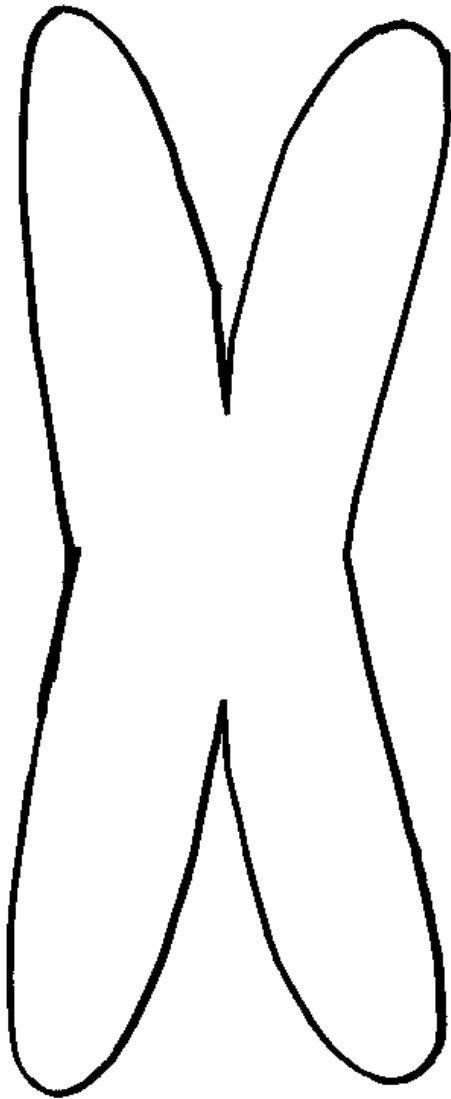
When to display this board: The first few weeks of the semester, before finals or mid-terms, or during Sleep Awareness Month (March).

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.

Z

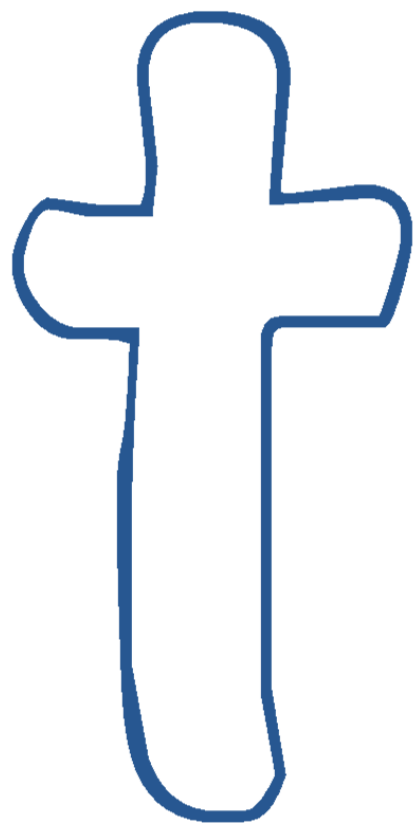
Dragonfly



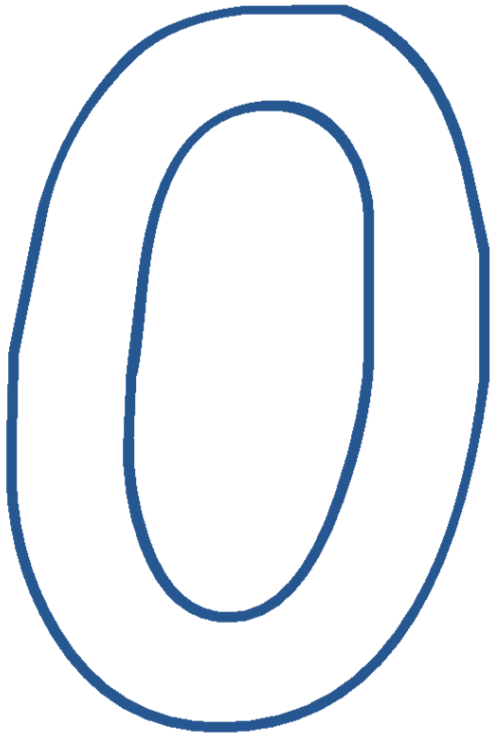
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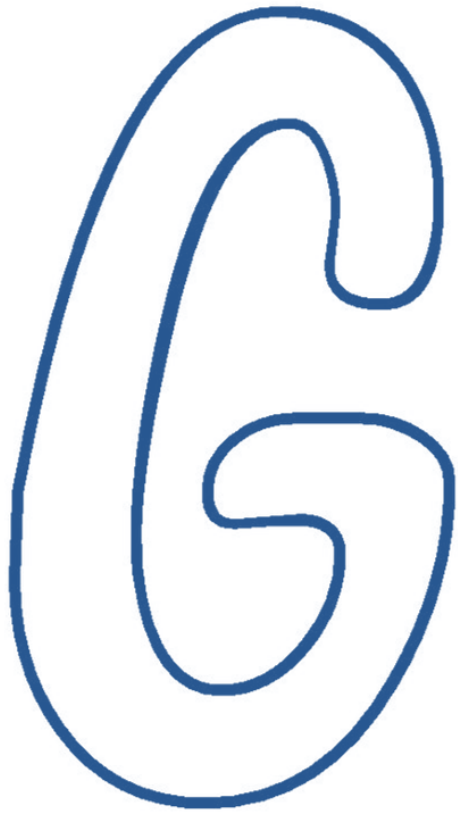
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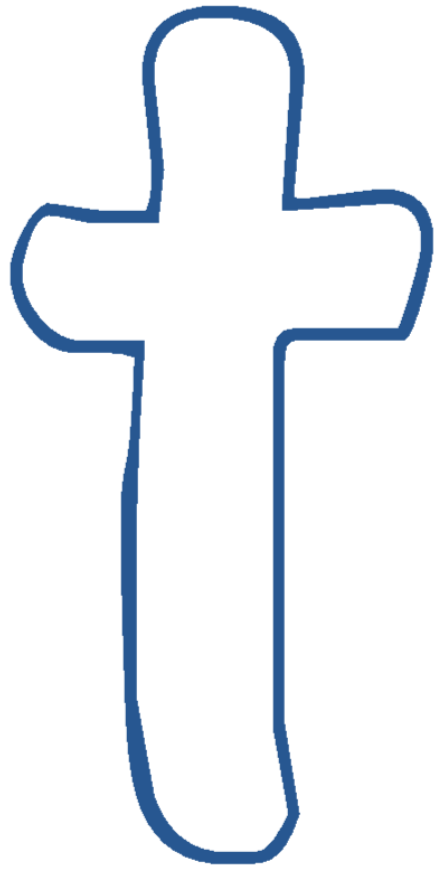
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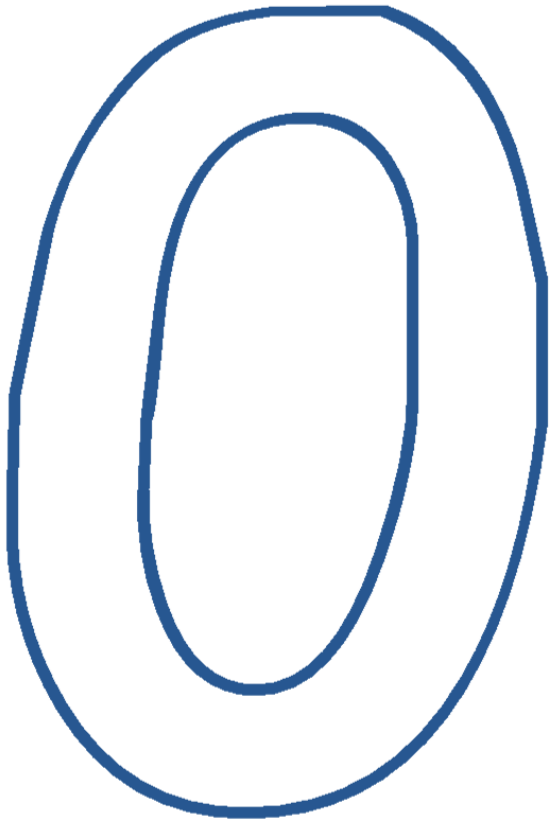
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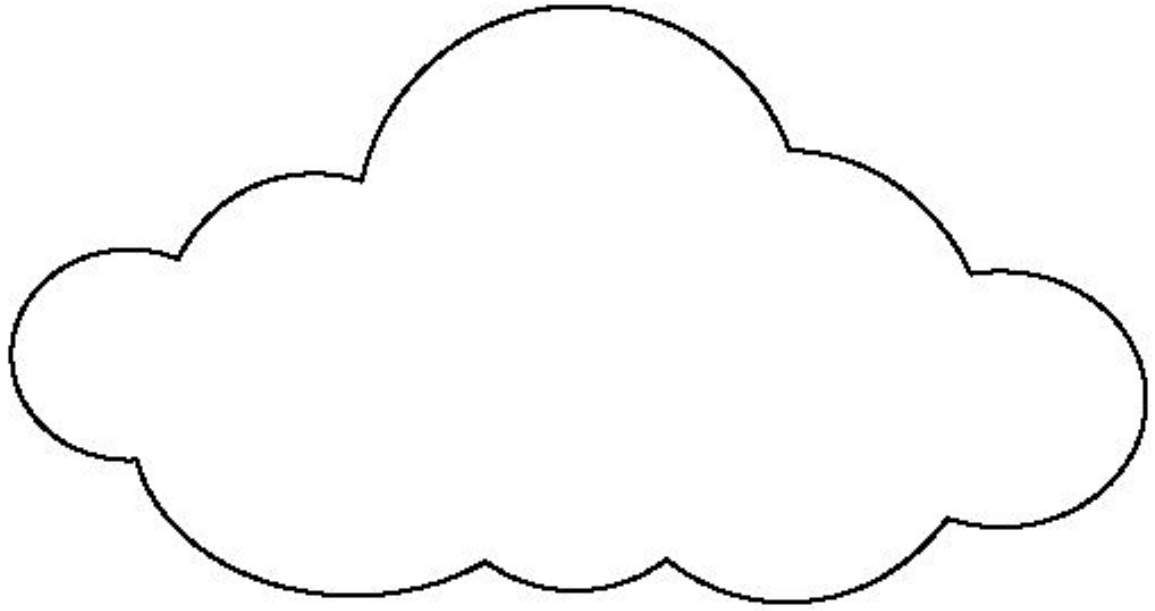
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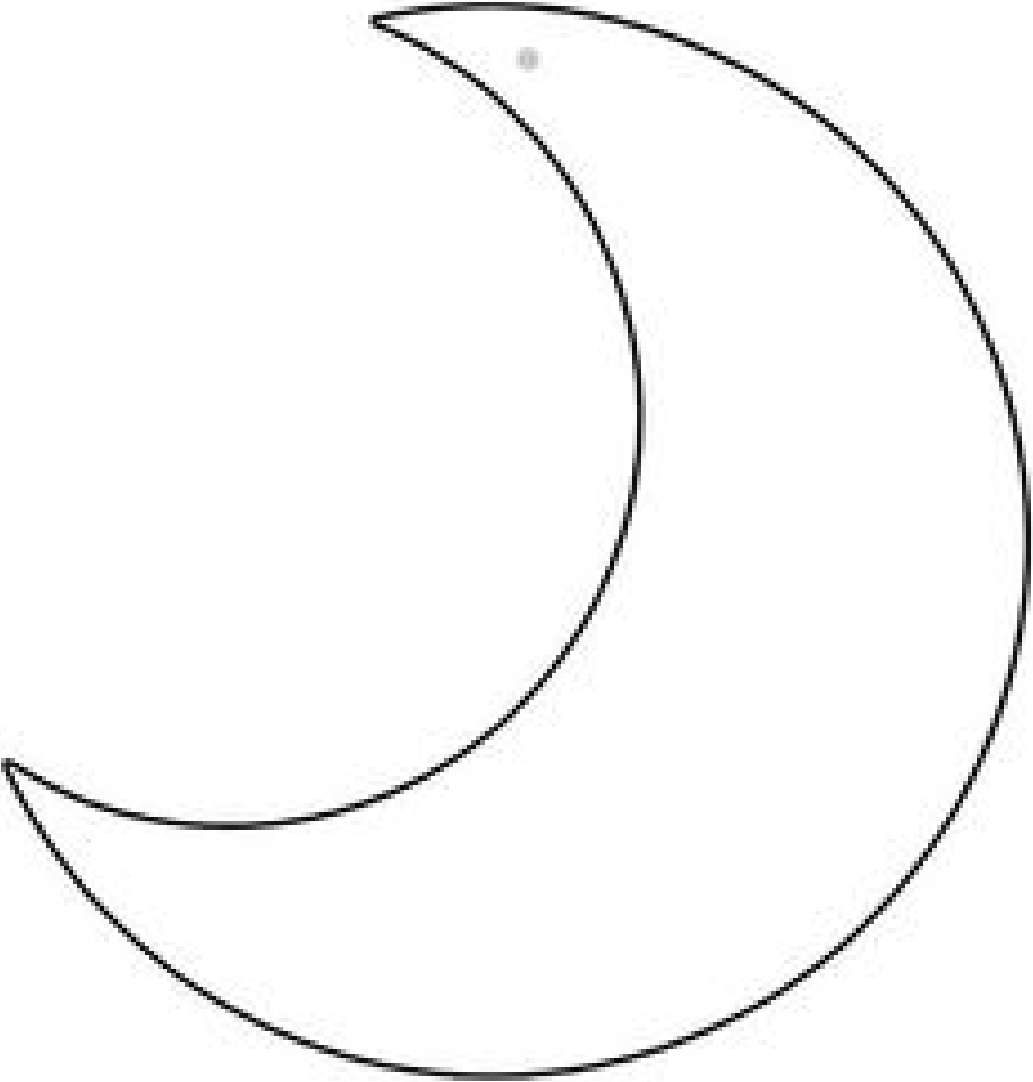
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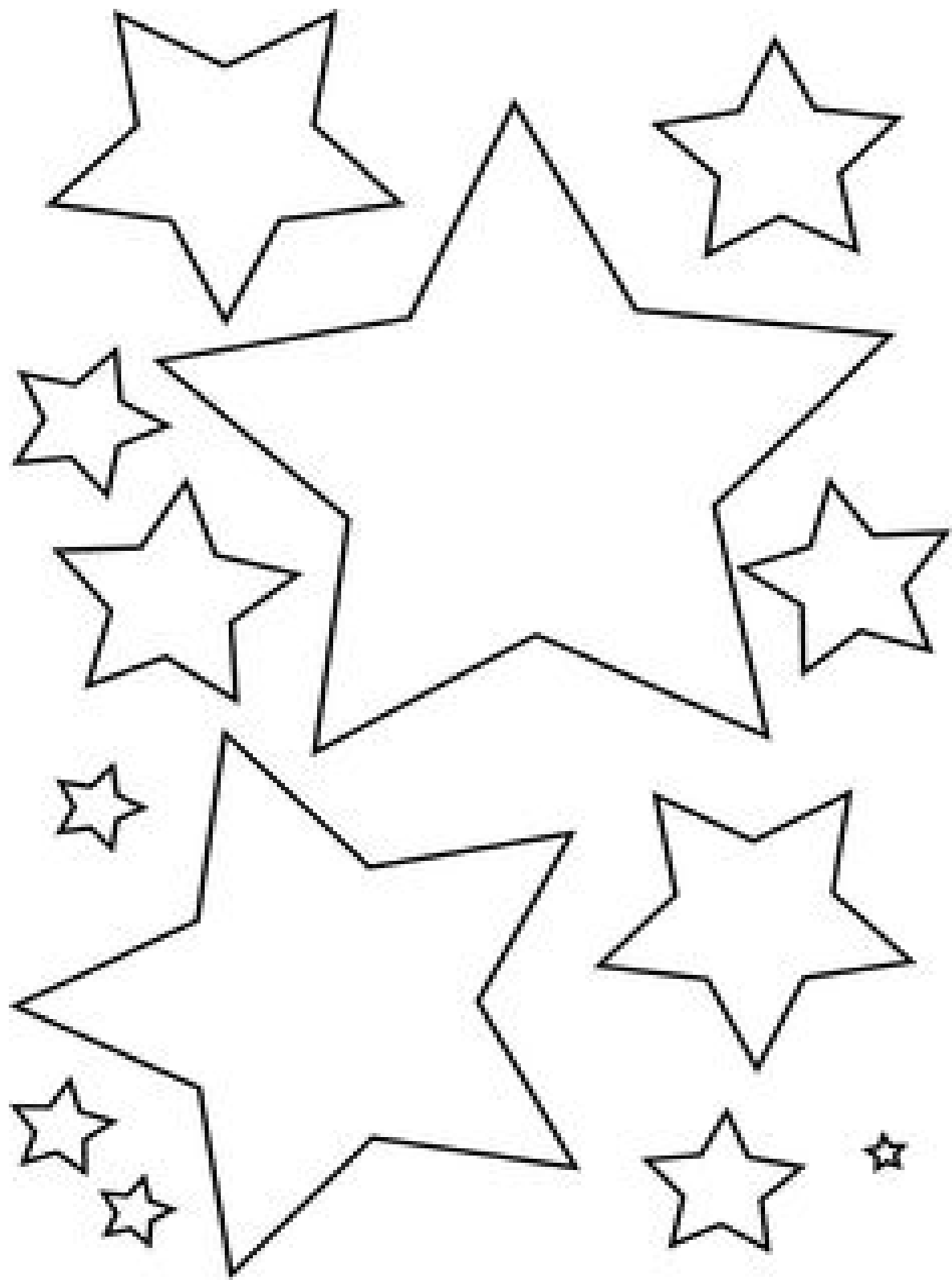
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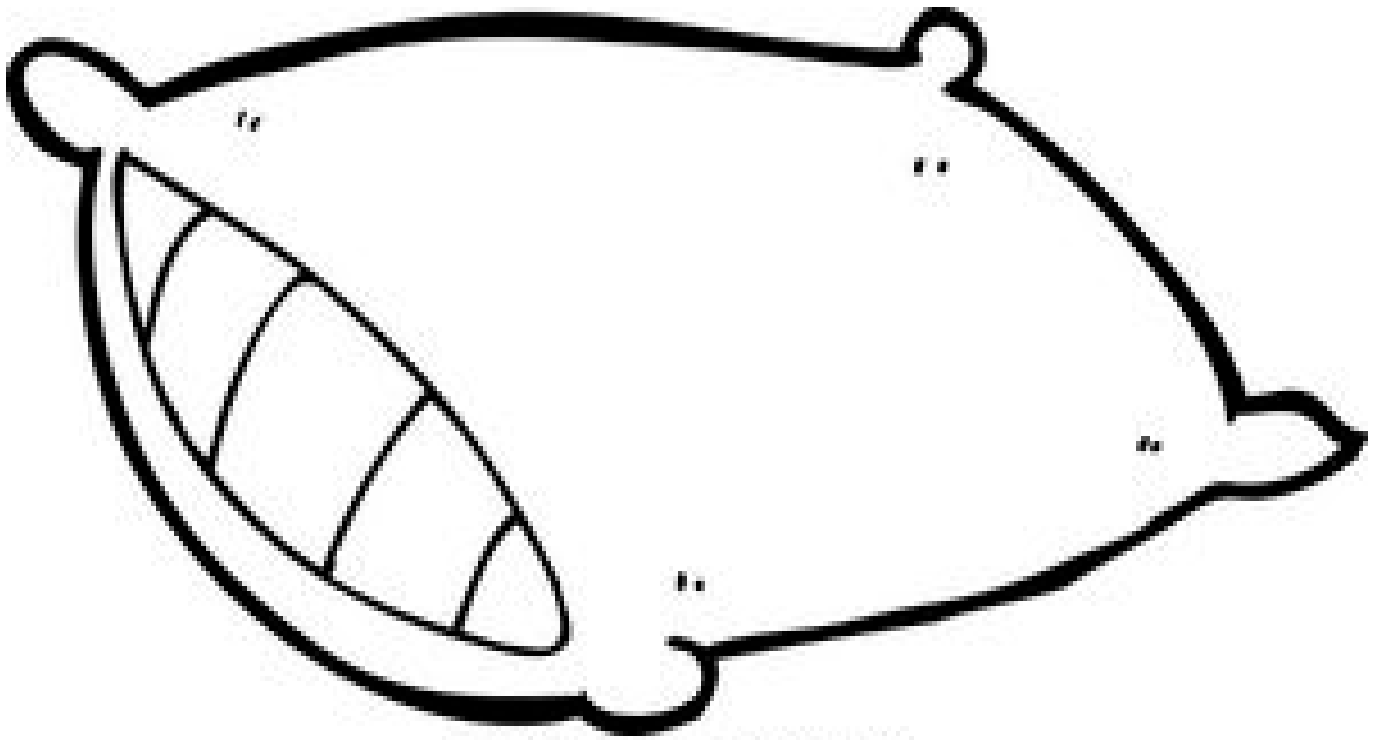


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QUICK TIPS

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

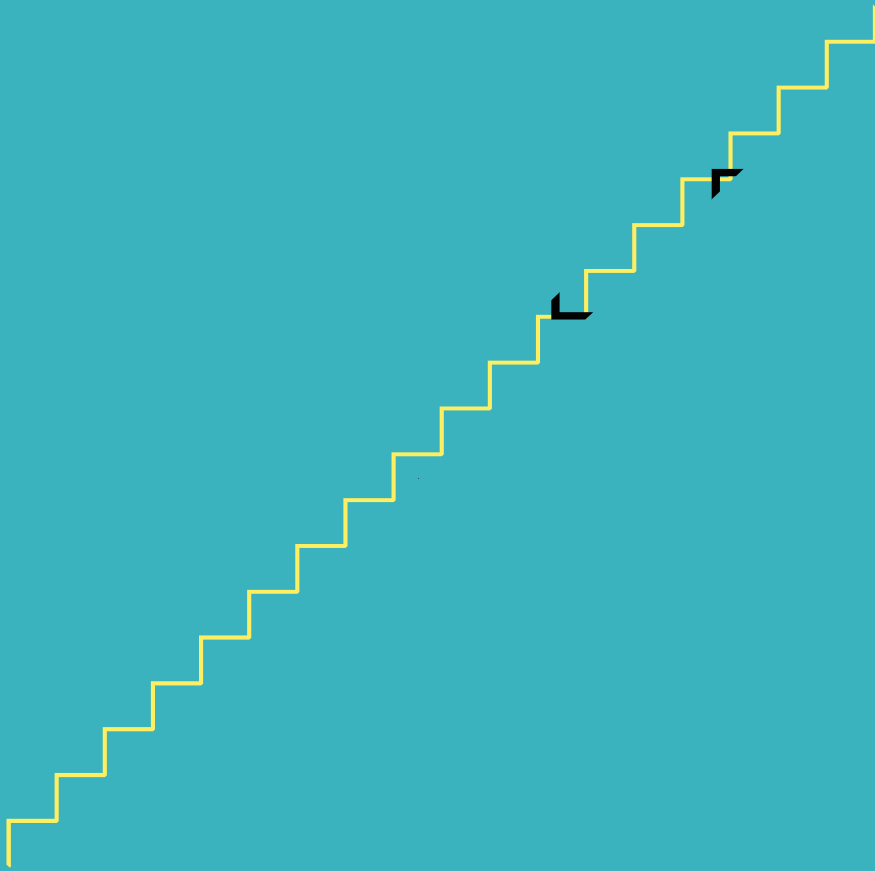
www.aasmnet.org

NIH National Center On Sleep Disorders Research

www.nhlbi.nih.gov/about/org/ncsdr

LATE NIGHT?

SIDE EFFECTS INCLUDE



Want More A's Get More Z's

QUICK TIPS FOR 8 HOURS

- Turn off the screens 30 minutes before bedtime
- Avoid electronics before bedtime
- Stick to a routine. Go to bed and wake up at the same time every day
- Avoid caffeine, alcohol, nicotine, and prescription drugs before bedtime
- Stick to 30-35 breathers
- Download an app to record that sleep light on your phone. Use the app every night to see how long you sleep and how many Z's you get



SLEEP RESOURCES AVAILABLE TO YOU

Office of Health Promotion
Prevents injury, illness, and disability, and promotes overall health and well-being.

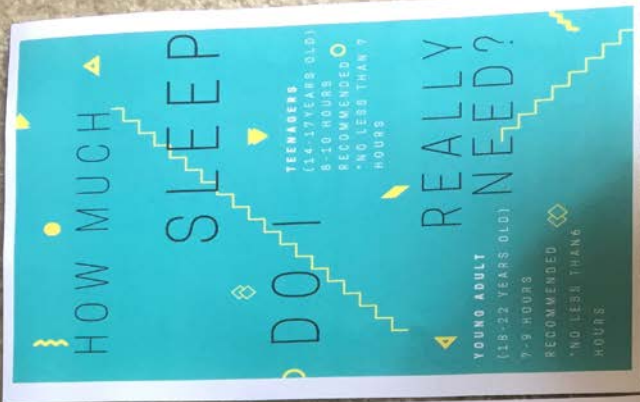
NIH Sleep Study Center
NIH Sleep Study Center
NIH Sleep Study Center
NIH Sleep Study Center

The University of Maryland System
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ADDITIONAL RESOURCES
National Sleep Foundation
www.sleepfoundation.org

American Academy of Sleep Medicine
www.aasm.org

National Center on Sleep Disorders Research
www.ncsdr.org



WOULD YOU RATHER

Have your GPA be

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

LATE NIGHT?

SIDE EFFECTS INCLUDE

- DECREASED ALERTNESS
- COGNITIVE IMPAIRMENT
- INCREASED STRESS & ANXIETY
- WEIGHT GAIN
- BAGS UNDER YOUR EYES
- DECREASED ACADEMIC PERFORMANCE

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References

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- Van Cauter E, Holmback U, Knutson K, et al. Impact of sleep and sleep loss on neuroendocrine and metabolic function. *Horm Res.* 2007;67(suppl 1):2-9. Epub 2007 Feb 15.

http://www1.villanova.edu/content/villanova/studentlife/health/promotion/resource_center/_jcr_content/pagecontent/download_2/file.res/Dream%20On%20Bulletin%20Board%20Packet.pdf

http://www.huffingtonpost.com/ucla-healthy-campus-initiative/7-strategies-to-optimize-_b_9363270.html?utm_hp_ref=college-sleep

http://www.huffingtonpost.com/anahita-pardiwalla/8-reasons-why-you-should-sleep_b_9182850.html?utm_hp_ref=college-sleep

http://www.huffingtonpost.com/cole-sullivan/sleep-my-way-to-the-top_b_9750968.html?utm_hp_ref=sleep--wellness