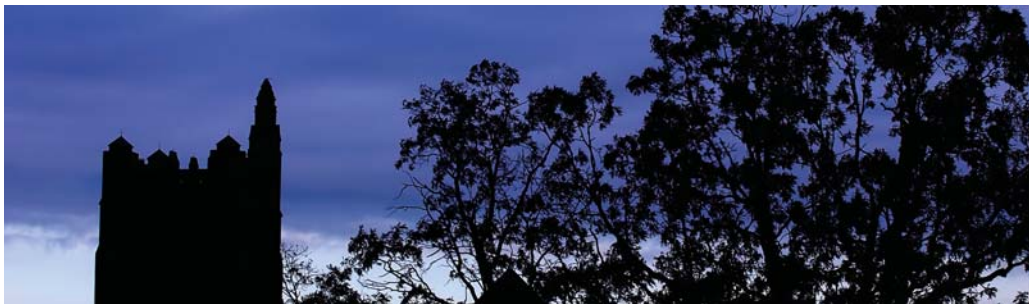




Sleep

Why it Matters



- How and when we sleep is controlled by hormones released in a 24-hour cycle; its timing is set by outside cues. Patterns of meals, exercise and social interactions contribute to the sleep/wake cycle and changes in these cues can disrupt sleep.
- With too little sleep, the body accumulates a “sleep debt.” Eventually this debt must be paid, even if it means falling asleep at a bad time - such as while driving a car.
- Not getting enough sleep means:
 - Increased irritability
 - Decreased motivation, memory, concentration and/or creativity
 - Increased proneness to injury
 - Greater likelihood of problems such as upset stomach or headaches

What MSU students say and do

51% Of MSU students reported experiencing sleep difficulties, and 19% reported it as an impediment to their academic performance.

38% Of MSU students reported that they felt tired, dragged out, or sleepy 4 or more days in the previous week.

When to Get Help

See a health care provider if:

- **Sleep problems interfere** with school, work, or relationships with friends or family.
- **You use sleeping pills to make yourself sleep** or amphetamines to keep you alert.
- **You have depression, chronic anxiety, pain, or a change in medication.** A provider can give you information and help with these possible causes of sleep problems.
- **You snore heavily or stop breathing at intervals during the night** (often starting again with a gasp). You may have sleep apnea, which results from a blocked or partly blocked airway.

24% Of MSU students reported that sleep difficulties were traumatic/very difficult to handle in the past year.

20% Of MSU students reported having an extremely hard time falling asleep 3 or more days in the previous week.

What you can do

- At times, you can't avoid getting too little sleep - but there are things you can do to help:
 - **Nap during the day** - if you know you'll be up late, a nap beforehand helps reduce sleep loss problems.
 - **Reduce stress** - exercise regularly & do things that relax you.
 - **Set your sleep-wake schedule** - as much as possible, keep to a regular schedule for meals, bedtime, and waking up.
 - **Avoid substances that disrupt sleep** - Caffeine, alcohol, and nicotine can all make sleep more difficult.

Sleep Resources

MSU Counseling Center: Short-term individual counseling, group counseling, substance abuse assessment/services, and prevention education. counseling.msu.edu

Student Health Services: A wide variety of health care services are available to MSU students year round at 5 different locations on campus. olin.msu.edu

Recreational Sports and Fitness Services: Fitness classes, club and intramural sports, several locations on campus. recsports.msu.edu

Health Education: A wide array of campus and classroom educational programs, health promotion campaigns, individualized educational programs, and other health promotion strategies. olin.msu.edu/healthed