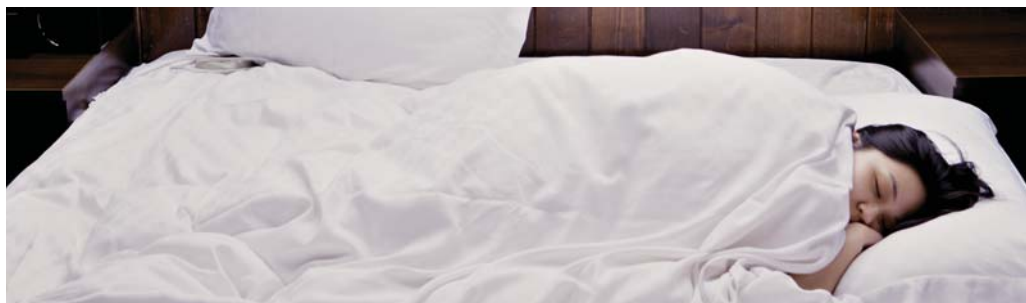




The State of Spartan Health 2016

Sleep

Why it Matters



- How and when we sleep is controlled by hormones released in a 24-hour cycle based on outside cues, like sunlight. 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.
- Adequate sleep:
 - Improves memory
 - Regulates mood
 - Strengthens immunity and helps to heal the body
 - Sharpens focus, motivation, and your ability to pay attention.

What MSU students say and do

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46% Of MSU students reported experiencing sleep difficulties, and 18% reported it as an impediment to their academic performance.

5% Of MSU students reported that they had been diagnosed with insomnia or some other sleep disorder.

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.

25% Of MSU students reported that sleep difficulties were traumatic/very difficult to handle in the past year.

63% Of MSU students reported getting enough sleep that they felt rested in the morning most days of the week.

What you can do



Try to get at least 7 to 9 hours of sleep daily.



Exercise regularly and do things that help you to relax



Ditch your cell phone at bedtime - it will lead to a more restful sleep.



Avoid substances that disrupt sleep - especially closer to bedtime.

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 Promotion Department: A wide array of campus and classroom educational programs, health promotion campaigns, individualized educational programs, and other health promotion strategies. olin.msu.edu/healthpromo