

Week 1: Why is Sleep so Important?

The National Sleep Foundation recommends that adults get **7-9 hours of sleep** each night.

Benefits of Quality Sleep

- Helps increase memory and learning
- Don't get sick as often
- Lowers risk of mental health concerns (anxiety, depression, stress, relationship troubles, etc.)
- Improves academic performance
- Helps fight weight gain
- Increases in athletic performance and other activities that require coordination
- Improves mood and mindset
- **More alert and awake during the day** →
- Helps decrease risk of diabetes
- Lowers risk of high blood pressure and heart disease

What is a Sleep Journal?

A sleep journal is a great way for you to track your sleep habits over the course of this study. You will complete one online entry each morning and evening. Tracking your sleep habits allows you to go back and look at different factors that may be helping or hurting your sleep quality.

If you have any questions, don't hesitate to ask!

Signs of Sleep Deprivation

- Memory issues that impact learning
- Frequent mood swings
- Feeling off balance
- Increased hunger, which can lead to weight gain
- Trouble concentrating on a task

What is Circadian Rhythm?

Have you ever noticed you feel more energized or drowsy around the same times each day? This is your circadian rhythm at work! It's a 24-hr internal clock that regulates your body between sleepiness and alertness.

For most, the biggest dips in energy occur in the middle of the night (around 2:00am and 4:00am) and just after lunchtime (around 1:00pm to 3:00pm).

When you're sleep-deprived you'll notice bigger swings of sleepiness and alertness.

Goals for Week 1:

- Familiarize yourself with the sleep journal and begin to fill it out twice each day.
- Focus on increasing (or decreasing) your sleep to meet the recommended range.
- Begin to recognize patterns or differences in your wake/sleep times each day.
- Take note of any dips or spikes in energy that could be due to your circadian rhythm.