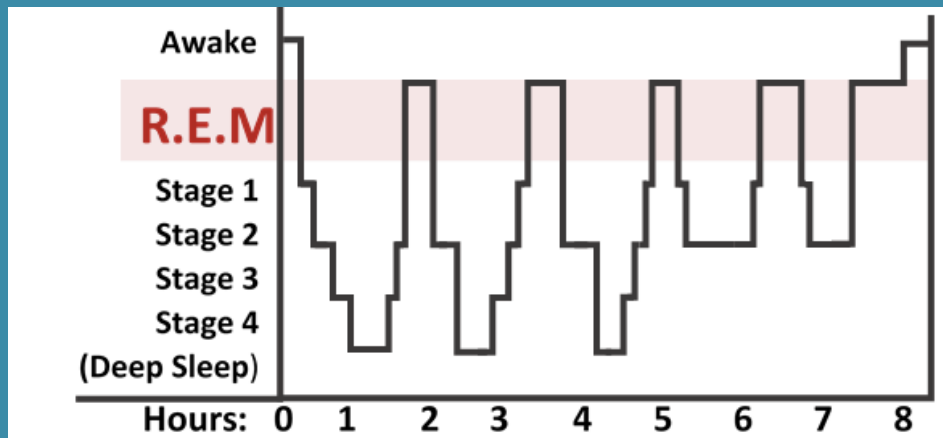




Spring Into Sleep!



What happens during REM sleep?

- Dreaming
- Growth Hormone is released
- Memory processing and consolidation
- Mood balancing

- The duration of REM sleep increases with each sleep cycle
- For this reason, it is recommended that college students get 4 or 5 cycles, or 7-9 hours of sleep each night

Why is consistent sleep important?

- Consistent sleep means stable cycles
- It is better to consistently get 6 hours rather than alternate between 4 and 10 hours

Not getting enough REM sleep can:

- Compromise growth
- REM rebound—the next time you sleep, you go directly into REM sleep, which can cause frightening dreams



**HEALTH
PROMOTION**
CARLETON COLLEGE

Inconsistent sleep can:

- Result in mood instability
- Exacerbate symptoms of mental illness
- Compromise growth