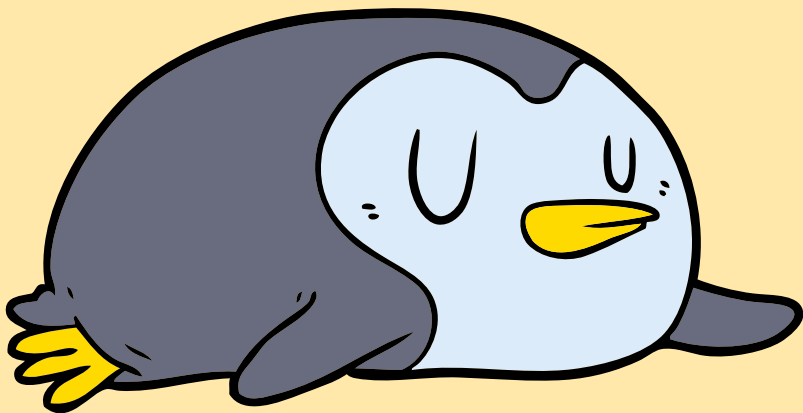


ACADEMICS & SLEEP



In 2018, 61.8% of Carls reported they got adequate sleep three or fewer days a week.

For Carls who got enough sleep 0-1 days per week, only 37.9% were able to manage their stress.



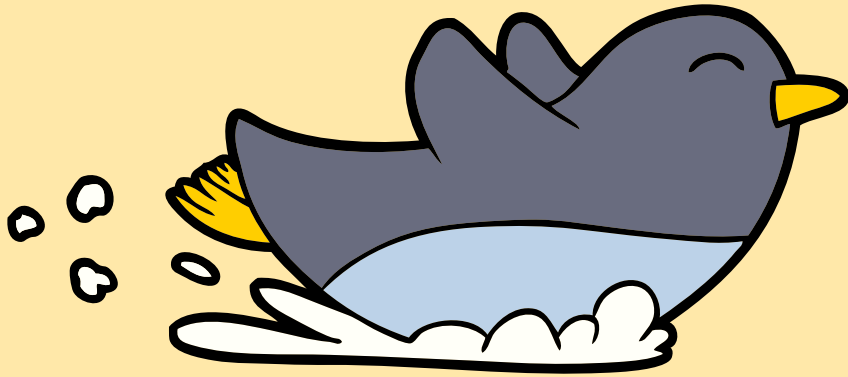
For Carls who got enough sleep 4-5 days per week, 69.4% were able to manage their stress.

How does sleep affect academics?

Chronic sleep deprivation is associated with a lower GPA

Chronic sleep deficits predict lower concentration





Minutes asleep
positively correlated
with memory capacity in
undergraduates

Consistent, adequate sleep
has long-lasting benefits
including improved
attention span, alertness
and reduced sleep pressure

Sleep pressure:
unconscious
biological response
that makes us feel
sleepy

Staying up late to study?

Caffeine

You may be drinking coffee to stay awake and study, but caffeine consumption even 6 hours before bed can disrupt sleep.

Tip: Avoid drinking coffee in the late afternoon and evening.

Blue light

The blue light from bright LED lights and your computer screen can interfere with your circadian rhythm and the secretion of melatonin in your body.

Tip: Get a blue light filter for your screen, and try to print off readings to reduce screen time. Use dim lights at night, and red lights if you can.



How much sleep do I need?

The CDC
recommends 7 or
more hours of sleep
per night for adults



"Optimal sleep" is the amount
of sleep you need to feel your
best in terms of your mental
health, physical health and
cognitive function

Optimal sleep is
different for each
person!

Prioritizing academics *and* sleep is possible!

Determine what times you are best able to focus on your work - it might be at 9am rather than midnight!



Keep a consistent sleep schedule and discuss sleep schedules with your roommate(s)

Don't schedule meetings or study sessions late at night

Find out how much sleep you need to feel rested and alert and set achievable goals for yourself!

Studying and good
sleep go hand in
hand!



Sources

1. Arnal, P. J., Sauvet, F., Leger, D., van Beers, P., Bayon, V., Bougard, C., Rabat, A., Millet, G. Y., & Chennaoui, M. (2015). Benefits of Sleep Extension on Sustained Attention and Sleep Pressure Before and During Total Sleep Deprivation and Recovery. *Sleep*, 38(12), 1935–1943. <https://doi.org/10.5665/sleep.5244>
2. Carleton College. “2018 Student Health Survey Report.” Carleton College, 2018.
3. Centers for Disease Control and Prevention. “CDC - How Much Sleep Do I Need? - Sleep and Sleep Disorders.” Centers for Disease Control and Prevention, 2 Mar. 2017, www.cdc.gov/sleep/about_sleep/how_much_sleep.html.
4. Chaput, J.-P., Dutil, C., & Sampasa-Kanyinga, H. (2018). Sleeping hours: What is the ideal number and how does age impact this? *Nature and Science of Sleep*, Volume 10, 421–430. <https://doi.org/10.2147/NSS.S163071>
5. Chen, W.-L., & Chen, J.-H. (2019). Consequences of inadequate sleep during the college years: Sleep deprivation, grade point average, and college graduation. *Preventive Medicine*, 124, 23–28. <https://doi.org/10.1016/j.jypmed.2019.04.017>
6. Drake, C., Roehrs, T., Shambroom, J., & Roth, T. (2013). Caffeine Effects on Sleep Taken 0, 3, or 6 Hours before Going to Bed. *Journal of Clinical Sleep Medicine*, 09(11), 1195–1200. <https://doi.org/10.5664/jcsm.3170>
7. Gaultney, J. F. (2010). The Prevalence of Sleep Disorders in College Students: Impact on Academic Performance. *Journal of American College Health*, 59(2), 91–97. <https://doi.org/10.1080/07448481.2010.483708>
8. Harvard Health Publishing. “Blue Light Has a Dark Side.” Harvard Health, 7 July 2020, www.health.harvard.edu/staying-healthy/blue-light-has-a-dark-side.
9. Phan, D.-V., Chan, C.-L., Pan, R.-H., Yang, N.-P., Hsu, H.-C., Ting, H.-W., Lai, K. R., & Lin, K.-B. (2019). Investigating the effect of daily sleep on memory capacity in college students. *Technology and Health Care*, 27(2), 183–194. <https://doi.org/10.3233/THC-181350>
10. van der Heijden, K. B., Vermeulen, M. C. M., Donjacour, C. E. H. M., Gordijn, M. C. M., Hamburger, H. L., Meijer, A. M., van Rijn, K. J., Vlak, M., & Weysen, T. (2018). Chronic sleep reduction is associated with academic achievement and study concentration in higher education students. *Journal of Sleep Research*, 27(2), 165–174. <https://doi.org/10.1111/jsr.12596>

fold over or cut off



Title or title page (Resource 1)

Resource 2

Resource 5

Resource 10

Resource 3

Resource 6

Resource 8

Resource 4


Resource 7

Resource 9

In 2018, 61.8% of Carls reported they got adequate sleep three or fewer days a week.

For Carls who got enough sleep 0-1 days per week, only 37.9% were able to manage their stress.

For Carls who got enough sleep 4-5 days per week, 69.4% were able to manage their stress.




ACADEMICS & SLEEP




Staying up late to study?

Caffeine
You may be drinking coffee to stay awake and study, but caffeine consumption even 6 hours before bed can disrupt sleep.
Tip: Avoid drinking coffee in the late afternoon and evening.


Blue light
The blue light from bright LED lights and your computer screen can interfere with your circadian rhythm and the secretion of melatonin in your body.
Tip: Get a blue light filter for your screen, and try to print off readings to reduce screen time. Use dim lights at night, and red lights if you can.



How does sleep affect academics?

Chronic sleep deprivation is associated with a lower GPA

Chronic sleep deficits predict lower concentration





How much sleep do I need?

The CDC recommends 7 or more hours of sleep per night for adults

"Optimal sleep" is the amount of sleep you need to feel your best in terms of your mental health, physical health and cognitive function


Optimal sleep is different for each person!





Consistent, adequate sleep has long-lasting benefits including improved attention span, alertness and reduced sleep pressure

Minutes asleep positively correlated with memory capacity in undergraduates

Sleep pressure: unconscious biological response that makes you feel sleepy



Studying and good sleep go hand in hand!


Prioritizing academics and sleep is possible!

Determine what times you are best able to focus on your work – it might be at 9am rather than midnight!

Keep a consistent sleep schedule and discuss sleep schedules with your roommate(s)

Don't schedule meetings or study sessions late at night

Find out how much sleep you need to feel rested and alert and set achievable goals for yourself!



Sources

1. Kline, D. J., & Dement, W. C. (2014). Sleep and the brain. In W. Dement & A. M. B. S. (Eds.), *The science of sleep: A practical guide to sleep medicine* (2nd ed., pp. 1-10). San Francisco, CA: Jossey-Bass.

2. Carls College. (2018). *2018 Student Health Survey Report*. Carls College.

3. American Academy of Sleep Medicine. (2015). *Guidelines for the clinical use of sleep medicine*. Washington, DC: American Academy of Sleep Medicine.

4. Centers for Disease Control and Prevention. (2015). *Sleep: How much sleep do I need?* Retrieved from https://www.cdc.gov/sleep/about_sleep/how_much_sleep.html

5. Carls College. (2018). *2018 Student Health Survey Report*. Carls College.

6. Carls College. (2018). *2018 Student Health Survey Report*. Carls College.

7. Carls College. (2018). *2018 Student Health Survey Report*. Carls College.

8. Carls College. (2018). *2018 Student Health Survey Report*. Carls College.

9. Carls College. (2018). *2018 Student Health Survey Report*. Carls College.

10. Carls College. (2018). *2018 Student Health Survey Report*. Carls College.