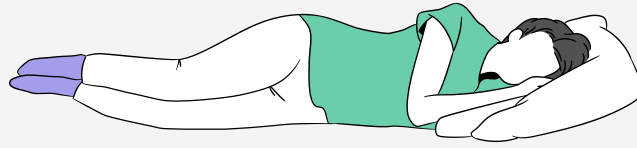# Sleep 101:
How to Get a Good Night's Rest

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Why Sleep is So Important

- Consolidates memory and learning

- Strong regulator of mood and anxiety

- Key for attention and sustained concentration

- Critical for physical and mental developmental tasks from infancy all the way through young adulthood

- Important for immune functioning

- Regulates appetite

sleep & mental health

Mental health issues can cause sleep problems.

Many mental health conditions, including depression, anxiety, bipolar disorder, schizophrenia, or ADHD, can cause many types of sleep problems.

- People with depression may sleep too much or too little, wake frequently during the night or wake too early in the morning.
- People with anxiety may experience racing thoughts, ruminations, and feeling jittery or overstimulated at bedtime, making going to sleep difficult. When people have a hard time sleeping, they can begin "clock-watching" and dreading bedtime, adding to their anxiety.
- People with ADHD often have co-occurring sleep issues, like difficulty getting to sleep, staying asleep or daytime fatigue due to poor quality sleep
- People with bipolar disorder often have dramatic shifts in sleep levels depending on their mood - and shifts in sleep regularity can trigger bipolar episodes. Which leads us to our next point....

....but sleep problems can also cause or worsen mental health conditions.

When we don't get good sleep, it can lead to issues with mood, energy, appetite, paying attention, sustained concentration, irritability, emotional regulation, anxiety - the list goes on! Sleep is critical to mental health.

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sleep architecture

Each stage of sleep helps with different aspects of mental and emotional wellness.

Throughout the night, we go through multiple sleep cycles, with four stages each. The first three stages are non-REM (NREM) sleep and the fourth stage is REM sleep.

Stage 3, which is part of NREM sleep, is also known as slow wave sleep - it is the deepest part of the sleep cycle and is thought to be when recuperation of mind and body can take place. This stage is key for memory and learning.

REM sleep is when we process the emotional experiences of the day and when dreaming is most vivid. This stage helps us reset the limbic system and better regulate our cognitive and emotional functions the next day.

REM sleep is also critical for both declarative memory - remembering information - and procedural memory - remembering how to do something. Key for students!

All of these stages make up sleep architecture, and healthy sleep architecture is key to mental and emotional wellness.

Self-Assessment

Bed time:	Wake time:
M	M
T	T
W	W
Th	Th
F	F
S	S
S	S

Bedtime routine:

Substances: (caffeine, nicotine, alcohol, marijuana)
How much, when?

Screen time: how much, when?

Exercise: how much, when?

Diet: how many meals, times, types of food?

SLEEP

tips for a good night's rest

DAILY ROUTINES

- Get up and go to sleep at the same time, every day
- Create a bedtime ritual
- Get bright light early in the day, outdoors if possible
- Aim for 30 minutes a day of exercise, not too late

FOOD & DRINK

- Eat your last meal at least 2 hours before bed
- Avoid high protein, high fat, or sugary snacks before bed
- Avoid drinking too much before bed
- Get enough calories and nutrition during the day for healthy sleep

CAFFEINE

Max of 2 cups *per day*
At least 8 hours *before bedtime*

SLEEP ENVIRONMENT

- Save your bed for the 3 S's: sleep, sex, sickness
- Quiet and dark
- Cool is better: 60-66 deg
- Use white noise

ELECTRONICS

- Avoid screens 1 hour before bed
- Put devices in another room, or in a drawer/bag
- Get an alarm clock instead of using your phone
- Use blue light reducing filters/apps

Alcohol, nicotine, drugs
they may help you "pass out" but they won't help you get restful, healthy sleep - and can worsen insomnia in the long run!

QUESTIONS?

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My Sleep Goals

You don't have to have perfect sleep hygiene, or do all of these things all of the time! But if you are not sleeping well, seeing if making some of these changes can help is a great place to start. And if you're struggling with mood, energy, anxiety or concentration - see if improving your sleep habits can make a difference.

Choose 3 things from this booklet you can start doing now for healthier sleep:

1. _____

2. _____

3. _____