Adequate Sleep and Health

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Sleep and Health

- Sleep apnea or snoring are common examples ("Sleep and Health", 2008).
- Sleeping less than eight hours per night can promote (2):
  - Obesity
  - Type two diabetes
  - Cardiovascular disease
  - Decreased immune function
  - More common colds

What happens during sleep?

- Maintenance of vital bodily functions (2).
- Major recovery such as (2):
  - Tissue repair
  - Muscle growth

Sleep and Memory

- A study conducted in 2001 looked at sleep in college students (2). Researchers reported:
  - that only 11 percent of students frequently slept well and 73 percent reported some type of sleep issue (Buboltz WC, et al., 2001).
- Additionally many studies state: a “reduction in total sleep time can dramatically inhibit a person's ability to solidify recently formed memories” (Ellenbogen JM, et al., 2006).
  - such as riding a bike or what you had for breakfast (2).

What to do next?

- Determine your sleep needs
  - The majority of adults need between 7.5 to 8.5 hours of sleep per night (2).
  - “pay attention to your body’s cues for sleep” (2).
  - If you are falling asleep during the day you are most likely not getting enough sleep at night (2).

- Follow good sleep habits
  - Try going to bed and waking up around the same times everyday to adopt a schedule (2).
  - exercise regularly but not too close to bedtime (2).
  - Create a comfortable environment for sleep (2).
  - Don’t nap too close to bedtime (2).