

# Benefits of a Good Night's Rest!



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Learn healthy sleeping tactics that  
can academically impact you!

# EFFECTS

## *of Insufficient Sleep*

### Physical

- Overactive or lethargic
- Fatigue
- Increased headaches, stomach aches
- Longer reaction time
- Impaired balance and agility
- Increased injuries in children who sleep <10hrs
- Changes in immune function
- Changes in hormone activity

### Cognitive

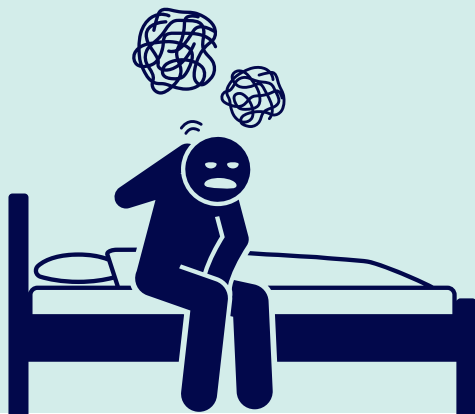
- Impaired memory
- Impaired attention
- Impaired decision making
- Problem Solving
- Abstract thinking
- Verbal Fluency

### Emotional

- Unable to identify other's emotions
- Bad experiences are worse, while good are not so good- and focus is on the negative.
- Impaired judgement
- Considered less attractive and less healthy
- More self-focused moral reasoning

### Mood

- Impulsive
- Uncooperative
- Depressed
- Increased risk-taking
- Angry
- Overly Emotional



# REMEDIES

## *of Insufficient Sleep*

- Refrain from being in darkness while awake to ensure circadian rhythm stays on track. Do not spend most waking hours in low light until close to bedtime.
- Keep all electronics, including phones and locks away from the bed to prevent stress that may prevent sleep.
- Keep room dark when sleeping (if you can see the palm of your hand while in darkness, it is still too bright. Use black out curtains or cover bed with blankets to help if needed.
- Only use bed for sleep and sex. No eating, watching television, working, or reading in bed.
- Try to keep work from bedroom. Conduct work in a different location or cover workspace up with blankets, or curtains if possible in order to not distract from sleep.
- Naps should be taken in the late afternoons if one is feeling tired. Naps should last between 30-90 minutes.
- Remind yourself that you are "off duty" while you are sleeping. Remind yourself that your rest is important and that resting will make you more able to accomplish the tasks you need to accomplish.
- Use blue light glasses when using electronics before bed.
- Set "wind down" alarm to remind yourself of wind down time, which includes no electronics and low lighting. Schedule at least one hour.
- No pets in bed.
- Try to stay on routine, including meals.
- Do not drink caffeine in the afternoon.
- Keep room temperature cool, if possible (65 or lower).