

Sleep

Sleep deprivation impacts the following areas:

- Short-term memory
- Decision making
- Concentration
- Ability to think creatively
- Stress levels

No sleep -> Stress -> Insomnia -> Less sleep -> More stress

Sleep loss is cumulative

- Sleeping in periodically doesn't eliminate the deficit.
- You can't "catch up" on lost sleep.
- Sleeping in actually disrupts your normal sleep/wake cycle.

How much sleep do you need? Most people sleep at least 1 to 1 ½ hours less than needed. *Ideally*, you should try to sleep for 7 to 9 hours a night.

Best bet?

- Try to sleep/wake at about the same time each day.
- Try to sleep about the same number of hours each day.

Staying up extra hours does increase the *quantity* of hours available to study, but it reduces the *quality*.

Naps ...

- Can have an adverse affect on learning.
- Can disrupt the sleep/wake cycle (depending on time of day/length of nap).
- Often lead to procrastination.

Naps add to the overall *quantity* of sleep, but not to the *quality*. You usually don't reach the REM state or the deep/dream state during a nap.

Nap -> Wake up groggy -> Work is still waiting -> Less time to do it



Exception to the rule: Power Naps

Power naps are brief (30-minute) respites that can provide needed energy boosts throughout the day. Sit comfortably on your bed or in a chair—don't lie down or you're likely to drift into sleep mode. Close your eyes and relax for 30 minutes. If you need to actually "sleep" during the day, then you're not getting enough sleep at night. Best between 1:00-4:00 PM.

Bottom line?

- Try to find a regular, consistent sleep/wake cycle that fits your schedule.
- Avoid trying to "catch up" on sleep with random naps.