

How sleep affects our lives

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Why sleep is important?

Sleep is as important for good health as diet and exercise. Good sleep improves your brain performance, mood, and health

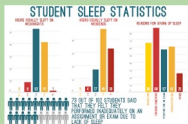


Healthy sleep also helps the body and mind recharge and stave off disease. (Why do we need sleep? By Danielle Pacheco)

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How much sleep are we supposed to be getting?

On average we are supposed to get seven to nine hours of sleep a night. According to the University Health Center at the University at Georgia college students are getting around six hours of sleep each night.



Recommended hours of sleep
Children 6 to 12 years old should sleep 9 to 12 hours per day.

Teens 13 to 18 years old should sleep 8 to 10 hours per day.

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How lack of sleep affects our learning

College students who prioritize sleep are likely to see an improvement in their academic performance. If you are well rested, you will experience less daytime sleepiness and fatigue.

- Daytime sleepiness and fatigue
- Irritability and short temper
 - Mood changes
- Trouble coping with stress
- Difficulty focusing, concentrating, and remembering
 - Brain fog

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What we can do to improve our sleep

Research suggests these tips may aid students and other learners:

- Get a good night's sleep before learning. Lack of sleep can cut learning ability by up to 40%.
- Get a full night of sleep within 24 hours after learning to strengthen new memories and build connections between different pieces of information.
- Naps might help or hinder. A 90-minute nap can strengthen memories, but naps late in the day may make it harder to get to sleep at night.



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Sources

- https://www.nhlbi.nih.gov/health/03sleephow_much_sleep#:~:text=Sleep%20improves%20learning%20skills%20and%20mood%20and%20helps%20with%20memory
- [Good sleep good health](https://www.nhlbi.nih.gov/health/03sleephow_much_sleep#:~:text=Sleep%20improves%20learning%20skills%20and%20mood%20and%20helps%20with%20memory)
- https://www.nhlbi.nih.gov/health/03sleephow_much_sleep#:~:text=Sleep%20improves%20learning%20skills%20and%20mood%20and%20helps%20with%20memory

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