



The Importance of Sleep



**TEXAS A&M
2025**

What is Health?

“Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.”

-World Health Organization

Why is Sleep Important?

- Supports good health and well-being
- Protects mental health, physical health, quality of life, and safety
- Supports healthy brain function
- Supports growth and development
- Critical for memory consolidation



Effects of Inadequate Sleep



- Poor memory
- Depression
- Anxiety
- Impaired motor tasks
- Increased risk of motor vehicle accidents
- Impaired learning
- Moodiness
- Decreased attention span
- Increased risk of academic failure
- Lower grade point average
- Increased stress
- Poor concentration



Why is Sleep Important for College Students?

- The most sleep-deprived population
- About 60% of college students experience poor quality of sleep
- 80% of college students are more likely to be in a drowsy driving accident
- 27% of sleep deprived students were at risk for at least one sleep disorder



Sleep Disorders

- Obstructive Sleep Apnea
- Insomnia
- Restless Leg Disorder
- Periodic Limb Movement Disorder
- Circadian Rhythm Sleep Disorders
- Hypersomnia

American Academy of Sleep Medicine

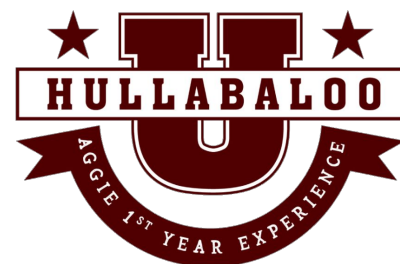
Accredited Sleep Centers

- Baylor Scott & White Sleep Center
 - 1602 Rock Prairie Road Suite 2500
College Station, TX, 77845
Phone: (979) 680-5312
- CHI St Joseph Health Bryan Hospital
 - 1600 Joseph Drive Suite 2202
Bryan, TX, 77802
Phone: (979) 774-2936



How Can We Get Sufficient Sleep?

- Biological Clock & Circadian Rhythm
- Prioritize Sleep
- Sleep Hygiene



Biological Clock and Circadian Rhythm

Biological Clock

- o Controlled by Suprachiasmatic Nucleus (SCN)
- o Internal Clock
- o Runs the Circadian Rhythm

Circadian Rhythm

- o Daily cycle of tasks performed
- o Sleep/Wake Cycle





Prioritize Sleep

- Sleep Quantity
 - 7-9 hours **each night**
 - Avoid all-nighters
 - Decreases academic performance
 - Choose sleep over studying
 - Sleep Quality
 - Avoid frequent sleep disturbances
 - Enhances daytime alertness
 - Avoid prolonged sleep
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Sleep Hygiene

Voluntary behaviors and practices which support restorative sleep and full daytime alertness. Improves productivity, well-being, and quality of life.

Sleep Hygiene Challenges

- Technology Use
 - TV
 - Computer
 - Video Games
 - Cell Phone
- Substance Use
 - Caffeine and energy drinks
 - Alcohol
 - Stimulants
- College Schedules and Activities
 - Class schedules – Variable days and times
 - Academic deadlines
 - Part-time or full-time job
 - Late night socializing
 - Early or late-night obligations



Good Sleep Hygiene Practices

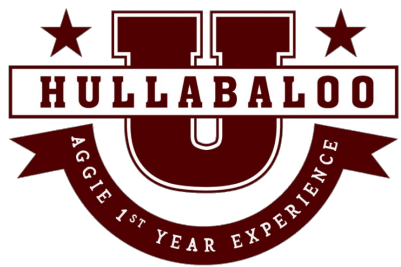
- Limit naps
- Avoid stimulants four hours before bedtime
- Exercise
 - Avoid activity before bed
- Good Nutrition
 - Reduce fluid intake before bed
 - Avoid heavy fried or fatty goods
- Use bed only for sleep
- Avoid blue light exposure
- Meditation
- Avoid tossing and turning
 - Get out of bed
- Honor a sleep friendly environment

Sleep Friendly Environment



- Relaxed and peaceful room
 - Decorate room
 - Favorite colors
 - Soothing Scents
 - Love the comfort of your bed
 - Keep room clean and uncluttered
 - Dim the lights
 - Keep the room a cool temperature
 - Consistent backdrop noises
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Self-Reflection

- Self-reflect on current sleep routine
 - Consider sleep hygiene and sleep friendly environment
- Write down three reasons sleep quality and quantity is important to you
- Write down three sleep hygiene changes that could be made to your current sleep routine

Now What?

- Reflect on sleep routine
- Revise bedtime habits
- Find your own unique sleep routine
- Make small changes
- Life happens





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Connect with Health Promotion!

Student Life

- Located in the Student Services Building (SSB), 2nd Floor
- hp.tamu.edu
- 979.845.0280
- HealthPromotion@tamu.edu
- Hours: 8am-5pm, Monday-Friday



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