



Sleep

Why it Matters



- How and when we sleep is controlled by hormones released in a 24-hour cycle based on outside cues, like sunlight. Patterns of meals, exercise and social interactions contribute to the sleep/wake cycle and changes in these cues can disrupt sleep.
- With too little sleep, the body accumulates a “sleep debt.” Eventually this debt must be paid, even if it means falling asleep at a bad time.
- Adequate sleep:
 - Improves memory
 - Regulates mood
 - Strengthens immunity and helps to heal the body
 - Sharpens focus, motivation, and your ability to pay attention.

What MSU students say and do

47% Of MSU students reported experiencing sleep difficulties, and 18% reported it as an impediment to their academic performance.

6% Of MSU students reported that they had been diagnosed with insomnia or some other sleep disorder.

When to Get Help

See a health care provider if:

- **Sleep problems interfere** with school, work, or relationships with friends or family.
- **You use sleeping pills to make yourself sleep** or amphetamines to keep you alert.
- **You have depression, chronic anxiety, pain, or a change in medication.** A provider can give you information and help with these possible causes of sleep problems.
- **You snore heavily or stop breathing at intervals during the night** (often starting again with a gasp). You may have sleep apnea, which results from a blocked or partly blocked airway.

27% Of MSU students reported that sleep difficulties were traumatic/very difficult to handle in the past year.

31% Of MSU students reported getting enough sleep that they felt rested in the morning most days of the week.

What you can do



Try to get at least 7 to 9 hours of sleep daily.



Exercise regularly and do things that help you to relax



Ditch your cell phone at bedtime - it will lead to a more restful sleep.



Avoid substances that disrupt sleep - especially closer to bedtime.

Sleep Resources

Counseling & Psychiatric Services: Individual counseling, group counseling, 24/7/365 virtual counseling services, and psychiatric services. caps.msu.edu

Student Health Services: A wide variety of health care services are available to MSU students year round at 5 different locations on campus. olin.msu.edu

Health Promotion Department: A wide array of campus and classroom educational programs, health promotion campaigns, individualized educational programs, and other counseling appointments. olin.msu.edu/healthpromo