

Sleep 101

Salt Lake Community College

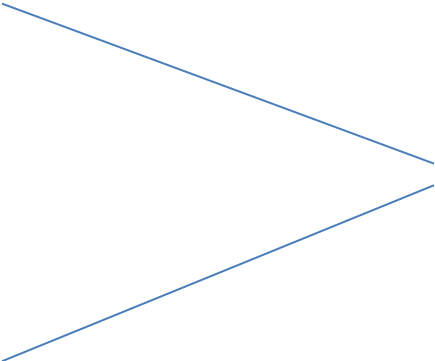
Health&WellnessServices

Facebook: SLCC Health&Wellness

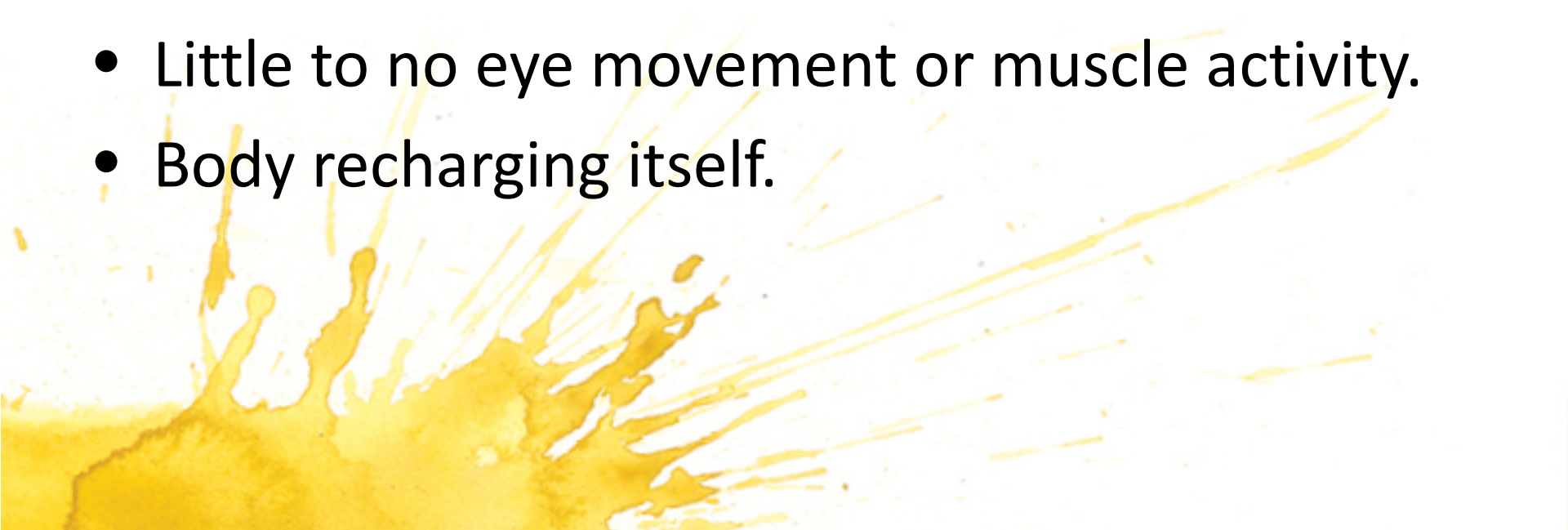
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Stages of Sleep

- Stage 1
 - Stage 2
 - Stage 3
 - Stage 4
 - REM – Rapid Eye Movement
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- Non-REM
- The diagram consists of two blue lines that originate from the right side of 'Stage 1' and 'Stage 4' and converge towards the text 'Non-REM', which is positioned to the right of the list. This indicates that Stages 1 through 4 are part of the Non-REM sleep phase.

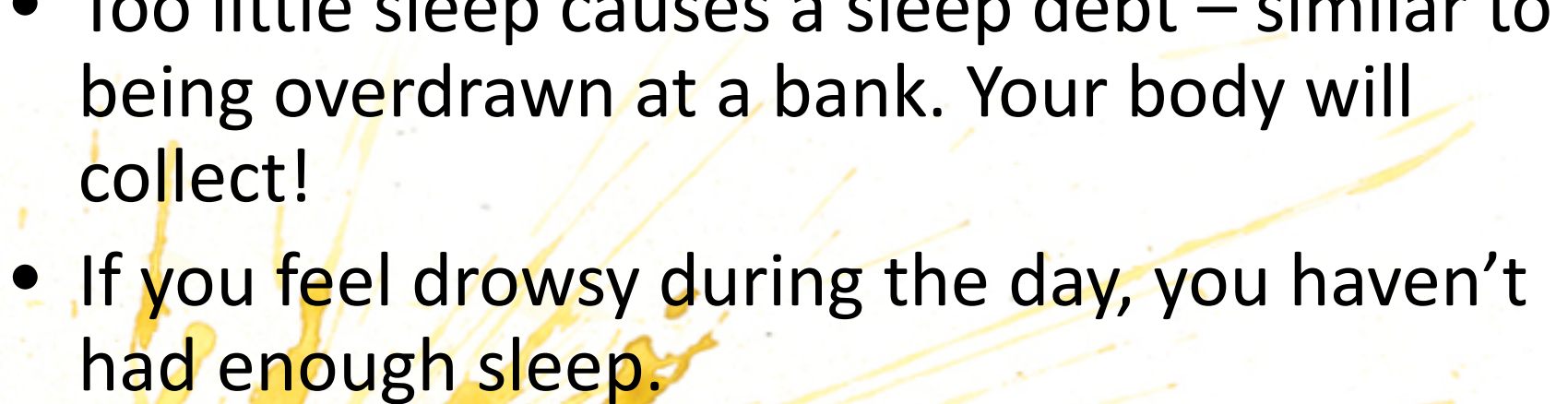
Non-REM Sleep

- Body temperature drops, breathing and pulse slow, and dreams are less intense.
 - Brain waves become slower.
 - Deep sleep occurs.
 - Little to no eye movement or muscle activity.
 - Body recharging itself.
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REM Sleep

- Stage of most intense dreaming.
- Breathing, pulse and temperature go up.
- About 25% of each sleep cycle is REM sleep.
- Brain-waves resemble wakeful patterns.

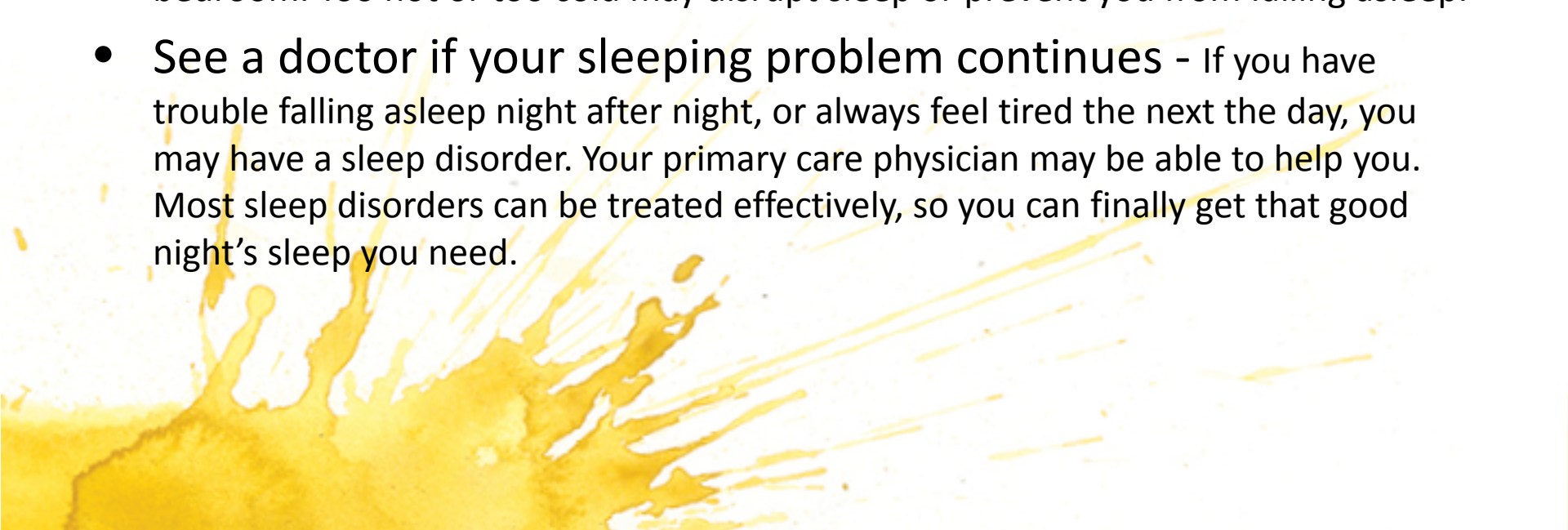
How Much Sleep Do We Need?

- Depends on many factors, including age.
 - For most adults, 7-8 hours a night seems best, but some people need as few as 5 hours or as many as 10 hours.
 - Too little sleep causes a sleep debt – similar to being overdrawn at a bank. Your body will collect!
 - If you feel drowsy during the day, you haven't had enough sleep.
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- A decorative yellow watercolor splash is located in the bottom-left corner of the slide, extending towards the center.

Tips for a Good Night's Sleep

- **Set a schedule** – Go to bed at the same time each night and get up at the same time each morning.
- **Exercise** - Try to exercise 20 – 30 minutes a day. Daily exercise often helps people sleep. Try to exercise about 5-6 hours before going to bed.
- **Avoid caffeine, nicotine, and alcohol** - Avoid drinks with caffeine – acts as a stimulant and keeps people awake. Nicotine can cause withdrawals which cause smokers to sleep lightly and wake up early. Alcohol robs people of deep sleep and REM sleep.
- **Relax before bed** – Create a relaxing routine to make it easier to fall asleep.

Tips for a Good Night's Sleep

- **Sleep until sunlight** — Wake up with the sun, or use very bright lights in the morning. Bright lights help the body's internal biological clock reset itself each day.
 - **Don't lie in bed awake** — Do something else, like reading, watching TV, listening to music, until you feel tired.
 - **Control your room temperature** - Maintain a comfortable temp. in the bedroom. Too hot or too cold may disrupt sleep or prevent you from falling asleep.
 - **See a doctor if your sleeping problem continues** - If you have trouble falling asleep night after night, or always feel tired the next the day, you may have a sleep disorder. Your primary care physician may be able to help you. Most sleep disorders can be treated effectively, so you can finally get that good night's sleep you need.
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References

- National Sleep Foundation
- National Institute of Health
- National Institute of Neurological Disorders and Stroke
- Getting What You Want From Sleep (Brochure)