

Taking a look at

# Sleep Deprivation and Self-Care

**Myth:** You can “cheat” on the amount of sleep you get.

**FACT:** Experts on sleep say most adults need between seven to nine hours of sleep each night for optimal performance, health and safety.

**Myth:** Caffeine, Nicotine and Alcohol have nothing to do with sleep.

**FACT:** These, among other stimulant inhibitors, do not HELP you fall asleep. Avoid caffeine, nicotine and alcohol before bed. Alcohol is well known to speed the onset of sleep, but severely disrupts sleep in the second half of the night as the body begins to metabolize the alcohol, causing awakenings.

**Myth:** A full stomach makes for a good night’s rest.

**FACT:** Stay away from fatty meals close to bedtime. Establish a relaxing pre-sleep ritual, which can include eating a light snack, avoiding emotional conversations, activities and thoughts.



**Myth:** The older you get the fewer hours of sleep you need.

**FACT:** Experts recommend a range of seven to nine hours of sleep for the average adult. While sleep patterns change as we age-the amount of sleep we NEED generally DOES NOT.

**Myth:** Being on my electronics can help me fall asleep.

**FACT:** Do not use electronics- tv, tablet, phone, computer- late at night. They emit blue-green wavelength light that can make you feel more alert. NATURAL LIGHT exposure in the morning helps maintain a healthy sleep-awake cycle.

**Myth:** Turning up the radio, opening the window, or turning on the AC are effective ways to stay awake when driving.

**FACT:** These “aides” are ineffective and can be dangerous. If you are feeling tired while driving, pull off the road and take a 15-45 minute nap.

## Resources

### Counseling and Health Center

Call 920-465-2380 or Stop by SS1400

for a free Nurse or Counselor Consultation

Works cited: <http://healthy.ucla.edu/sleep-well>

<http://sleepfoundation.org/articles/myths-and-facts-about-sleep>

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