

SLEEP WELL INITIATIVE

IDEALS OF SLEEP

1. ADEQUATE sleep - college age people need 8.5 hours on average to be at peak performance

Tip: aim to go to bed a little earlier or wake a little later to get your full sleep amount.



Fact: a sleep cycle is about 90 minutes long. You feel better when you go through the whole cycle.



2. CONTINUOUS sleep - When you sleep continuously overnight the amount of REM sleep (necessary for cognition and memory) you get increases

3. CONSISTENT sleep - Your body and brain perform better with a regular sleep/wake rhythm

Tip: try to go to bed and wake about within 1 hour of your regular schedule (even on the weekends).

