Did You Know?

- The effects of sleep deprivation can be serious and may include:
  - Irritability, cognitive impairment, slowed reactions, and difficulties with attention and concentration
  - Increased risk of diabetes, heart disease, and obesity
  - Anxiety, depression, or hallucinations

Ways to Improve Your Sleep:

1. Try to stick with a consistent sleeping and waking schedule even on the weekends
2. Avoid the use of stimulants such as caffeine or nicotine in the late afternoon and evening
3. Allow a few hours between exercising and going to bed
4. Avoid alcohol as it may help you fall asleep, but lowers the quality of sleep
5. Try to create a comfortable environment for sleep that is cool, dark, and quiet. Buy earplugs or a sleep mask if necessary.
6. Relax by reading a book or listening to soothing music before going to bed.
7. If unable to fall asleep, get out of bed and engage in another activity until you feel sleepy.

If Sleep Problems Persist:

- Call to schedule a free appointment at the Student Counseling Center, (562) 907-4239
- Make an appointment for a checkup at the Student Health and Wellness Center, (562) 464-4548