

The Importance Of Sleep Health For Students

What Are The Consequences Of Poor Sleep?

Lack of sleep has been linked to:

- Difficulty with memory
- Difficulty with concentration
- Difficulty with problem solving
- Mood problems
- Immune system issues and health problems
- Negative effect on driving skill, sometimes resulting in worst-case scenarios

Why Are Students Prone To Poor Sleep?

Students are particularly affected because:

- They are experiencing biological changes to their bodies and brain
- They use technology more at nighttime than other demographics
- They have pressure to attend classes early
- They take on extra work to make up for issues with student debt
- They experience stress due to schoolwork and deadlines

Ways To Promote Better Sleep Health

We can improve our sleep health by:

- Ensuring a bedtime routine of eating at a good time before settling down every night
- Having a bath or doing light exercise before bed
- Not working on schoolwork before bed
- Not using technology before bed
- Using products that help aid a good night's sleep

Sources:

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