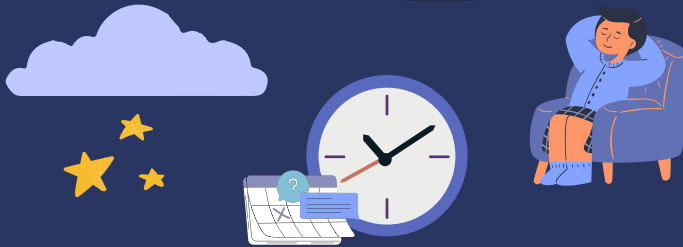
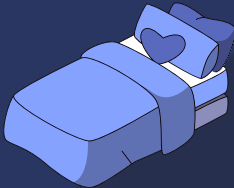


# SLEEP IS BRAIN TIME




## GOOD SLEEP GUIDE FOR UAS STUDENTS





## To the Reader:

This guide has been prepared as part of a thesis at Satakunta University of Applied Sciences. The guide is intended for use by the Study and Wellbeing Development Group and distributed to students. The content of the guide is based on reliable sources.



We hope that the guide will provide more motivation for students to adopt healthy sleeping habits and everyday life. We also hope that the guide will inspire the reader to independently consider the effects of a healthy lifestyle on sleep.



It is good for students to recognize the effects of healthy sleeping behavior and lifestyle on daily well-being and studying.



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Guide made with Canva





# THE IMPACT OF SLEEP ON STUDYING

A student's life situation often involves changes that may lead to insomnia. The most common causes of sleep disorders in students are stress, interpersonal relationships, and pressures related to studying. Therefore, it is a good idea to pay attention to the small things in everyday life.

Sleep and sleep quality are key recovery factors in studying. Sleep and recovery disorders may affect not only quality of life but also health and functional and work capacity more broadly. Good sleep improves concentration and makes studying easier.



## Sleep Recommendations for Adults

There have been recent recommendations regarding the length and quality of sleep needed for a good night's sleep. According to the latest sleep recommendations, adults should sleep at least 6-9 hours a night.



## Tips for students to reduce stress factors

Time management is one of the most effective ways to manage excessive stress.

Regular exercise frees the brain and takes your mind off studying for a while.



Positive thinking and socializing with other people helps to free the mind.

Lack of sleep worsens anxiety and stress, so it is important to ensure that you get enough sleep.

Breathing exercises are also an effective way to reduce stress.

If sleep problems persist for a longer period of time and everyday tips do not help, it is recommended to contact student health care.

# A SOURCE FOR GOOD SLEEP



01

Regular sleep  
and circadian  
rhythm

02

Reducing stress  
factors



03

Healthy diet, light  
evening snack and  
exercise



04

Getting ready for  
bed early





## TIPS FOR GOOD SLEEP

Eat healthy and at regular intervals

Exercise more

Go to bed when you are tired



Wake up during the weekends at the same time you do on weekdays

Sufficient night's sleep



Reduce your use of phone and digital devices in the evening

It's good to make space for your thoughts e.g sorrows and worries during the day



# STAGES OF SLEEP

1

Falling asleep

2

Light sleep stages



The muscles and body begin to relax. The heart rate slows down and the body temperature drops. Recovery begins.

3

Deep sleep stage



The brain's electrical activity slows down. An important stage of sleep for health and the mind. Learning information becomes more efficient.

4

Rapid Eye Movement (REM-sleep)



The brain is actively functioning. People often dream. Cerebrospinal fluid cleanses the brain.



## THE IMPORTANCE OF SLEEP

Sleep is the most precious of treasures. It is worth appreciating sleep, because a good night's sleep is of great importance for everyday life and health.

When you sleep, your brain recharges, your body recovers from stress, and your immune system strengthens. As a result of a poor night's sleep, your thoughts start to wander and your threshold for irritation is low.




## THE INTERNAL CLOCK SYNCHRONIZES SLEEP



Sleep is a very important part of the circadian rhythm. The amount of time you are awake and asleep is regulated by an internal clock in your brain. That tells you when it is time to fall asleep and wake up.

You will do yourself a favor if you listen carefully to the messages of your internal clock.

There are also situations in life when you need to be flexible about a certain bedtime, but you should not make it a habit.








## WHAT DO YOU DO IF SLEEP WON'T COME?

You should only go to bed when you are tired. If sleep does not come when you go to bed but you feel like you are constantly tossing and turning in bed, you should get out of bed for a moment and do something calming. After you have calmed down, you should go back to bed and see if you sleep better.

Avoid using digital devices, as they will make you even more excited.



## STUDENT TIPS

- Try to complete your assignments during the day.
  - Try to complete your assignments well in advance, as completing assignments to the last drop can create stress.
  - Avoid drinking caffeinated beverages in the evening.
  - If insomnia persists, the student can utilize the services of student health care.
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## MORE INFORMATION

Additionally, sources if the topic sparked interest

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