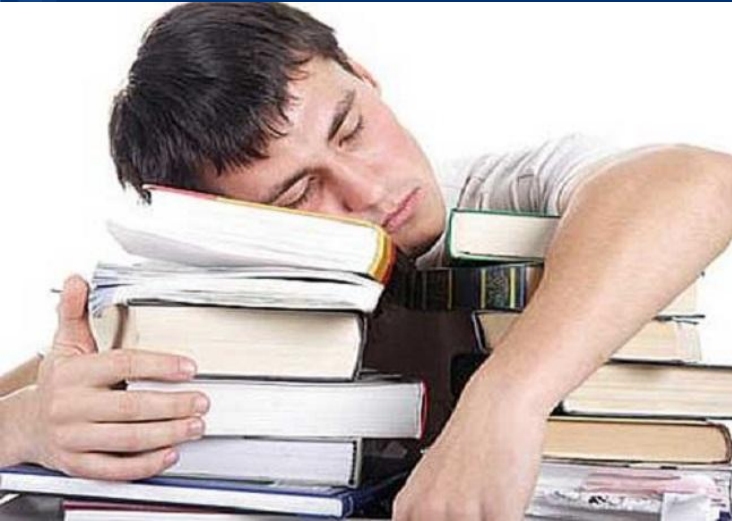


SLEEP DEPRIVATION

Is Skimping On Your ZZZ's Hurting Your Health?



So... How much sleep do you need ?



Hours of Sleep Required by Age

Age	Recommended Hours of Sleep
Birth to 2 months	12 to 18
2 to 11 months	14 to 15
1 to 3 years	12 to 15
3 to 5 years	11 to 13
5 to 12 years	9-11
<i>12 to 18 years</i>	<i>8.5-9.5</i>
18 years and older	7 to 9

The Impact of Sleep Deprivation

- Getting adequate sleep is necessary to maintain your body's homeostasis
 - Essential for development and maintenance of good physical and mental health.

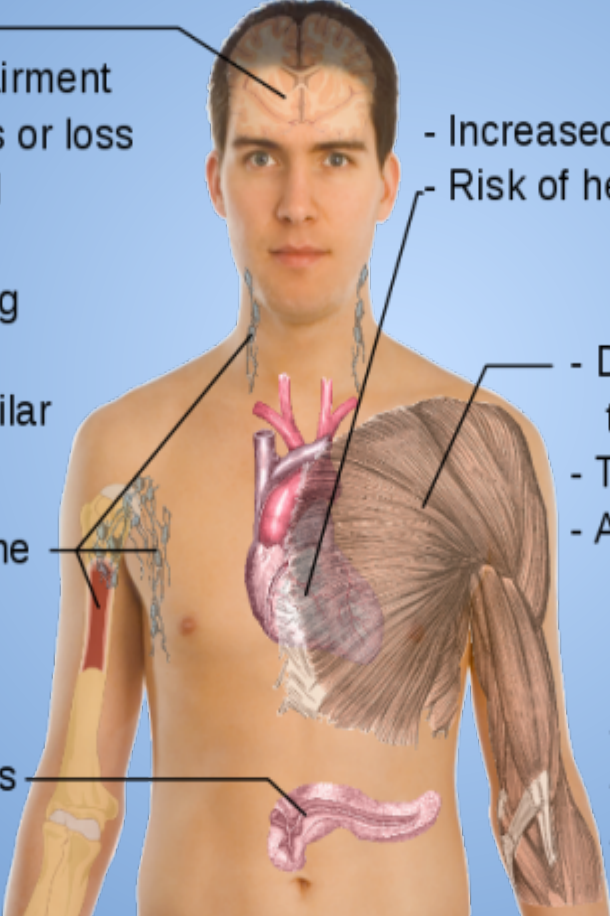
The Impact of *Short Term* Sleep Deprivation

- Insufficient sleep for a short period of time can cause problems relating to:
 - judgement
 - reaction time
 - increased accidents
 - poor performance in school and athletics

Sleep Deprivation and Long Term Impacts on Health

- People who *routinely* fail to get adequate sleep are more likely to develop the following diseases/conditions:
 - diabetes
 - cardiovascular disease
 - hypertension
 - stroke
 - coronary heart disease
 - obesity

Effects of Sleep deprivation

- 
- Irritability
 - Cognitive impairment
 - Memory lapses or loss
 - Impaired moral judgement
 - Severe yawning
 - Hallucinations
 - Symptoms similar to ADHD
 - Impaired immune system
 - Risk of diabetes Type 2
 - Increased heart rate variability
 - Risk of heart disease
 - Decreased reaction time and accuracy
 - Tremors
 - Aches
- Other:*
- Growth suppression
 - Risk of obesity
 - Decreased temperature

Sleep Deprivation and Accidents

- Sleep deprived people may demonstrate an inability to:
 - pay attention
 - concentrate
 - react quickly
- These factors can lead to car and workplace accidents



Sleep Deprivation and School Performance

- Students who have too little sleep on school nights often have problems:
 - concentrating
 - paying attention
 - solving problems
 - retaining information
 - staying awake during class



Photo by Ker Wei Kwee

Remember...

Inadequate amounts of sleep can have serious impacts on:

- health
- accidents
- performance in school and athletics

Strategies For Getting Enough Sleep

- Go to bed at the same time each night
- Wake up at the same time each morning
- Sleep in a dark room or use a sleep mask



More Strategies:

- Exercise everyday
- Avoid eating before bed
- No caffeine/chocolate in the evening
- Nap in afternoon
- Sleep in a comfortable bed with comfortable pillows
- Relax before bedtime

Sleep Well...Live Well

