The Importance of Sleep!

Less than 7-8 hours of sleep per night has an *adverse effect* on–

- Energy
- Mood
- Attention
- Working memory
- Memory encoding
- Decision making
- Logical reasoning
- Quantitative skills
- Motor skills
- Health (Physical/Mental)
- And more…

All of which will have a negative impact on your **learning**!!!!

PLEASE NOTE:

According to the CDC, "Being awake for at least 18 hours is the same as someone having a blood [alcohol] content (BAC) of 0.05%".

So pulling an all-nighter before a test is like trying to take the test legally drunk. **DON'T DO IT TO YOURSELF!**

Improve Your "Sleep Hygiene"

To get better sleep, try these ideas to help you get your 7-8 hours regularly…

During the day:
1. Get some sunlight
2. Get some exercise (even 10+ minutes of aerobic exercise can help you sleep better)
3. Limit naps to no more than 30 minutes

1-2 hours before bedtime:
4. Avoid caffeine (preferably 6 hours before)
5. Avoid heavy/rich foods
6. Avoid strenuous exercise

At least 30 minutes before bedtime:
7. Turn off electronics and screens
8. Make sure your sleep environment is pleasant (good mattress, pillows, bedding, cooler temperature, darkened, etc.)
9. Do a regular bedtime routine (dim lights, get into comfortable PJs, brush teeth, wash face, pray and meditate, listen to soft and relaxing music, etc.)

And above all:
10. **Stick to a regular sleep schedule**

References

- **Brain Rules** (2008), John Medina
- **The New Science of Learning** (2019), Terry Doyle & Todd Zakrajsek
- BYU CAPS 30-Day Challenge— Day 6: Improve your Sleep Hygiene
- CDC Website — Drowsy Driving

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