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Importance of Sleep

Mercy Aladegbougbe

SUNY Cortland, mercy.alade02@gmail.com

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IMPORTANCE OF SLEEP



MERCY ALADEGBOUNGBE
INSTRUCTOR: APRIL MYLES
COR 101 – 039 BUSE/ECO

GOALS

THE TOPIC I CHOOSE FOCUSES ON THE IMPORTANCE OF SLEEP TO COLLEGE STUDENT, HOW LESS SLEEP CAUSE TROUBLE IN EVERY ASPECT OF OUR LIFE. AS WE ENTER ONE OF THE MOST STRESSFUL TIME PERIOD OF THE SEMESTER (HAVING TO TURN IN YOUR PROCRASTINATED WORKS, TAKING EXAM, WHILE STILL DOING EXTRACURRICULAR ACTIVITY) SLEEPING BECOMES ONE OF THE LESS IMPORTANT PRIORITY ON YOUR LIST, WHICH IS ONE OF THE REASON I CHOSE TO TEACH THIS PARTICULAR LESSON THIS CLOSE TO THE END OF THE SEMESTER. ACCORDING TO A HARVARD RESEARCH BLOG "SLEEP IS VERY IMPORTANT FOR CONSOLIDATING MEMORIES. IN ANY SORT OF EXPERIMENTAL SETTING, STUDY RESULTS SHOW BETTER PERFORMANCE IF YOU LEARN MATERIAL AND THEN SLEEP ON IT, INSTEAD OF REMAINING AWAKE. SO THERE'S LOTS AND LOTS OF EVIDENCE NOW INDICATING THAT SLEEP PROMOTES MEMORY STRENGTHENING AND MEMORY CONSOLIDATION," MY PURPOSE OF THIS TOPIC IS TO INFORM MY STUDENT THE CAUSES, EFFECT, IMPORTANCE OF SLEEP AND ALSO PROVIDING THEM THE TIPS AND HEALTHY HABIT IN ORDER TO BUILD A WELL SLEEPING HABIT.

LESSON PREPARATION

MY LESSON WAS IN A FORM OF A POWERPOINT, I ALSO INCLUDED AN ACTIVITY FOR MY STUDENTS TO DO (IT IS A CLEVELAND ADOLESCENT SLEEPLESS QUESTIONNAIRE, WHERE YOU CALCULATE IF YOU ARE PRACTICING HEALTHY HABITS OR NOT).

TO MAKE MY TOPIC MORE ENGAGING, I USED A WEBSITE WHERE MY STUDENT CAN LOOK AT A PICTURE AND IDENTIFY THINGS IN THE ROOM THAT HINDER A GOOD SLEEPING HABIT.

[HTTPS://SLEEPEducation.ORG/WP-CONTENT/UPLOADS/2021/04/TEEN-SLEEP-QUESTIONNAIRE.PDF](https://sleepeducation.org/wp-content/uploads/2021/04/teen-sleep-questionnaire.pdf)

Cleveland Adolescent Sleepiness Questionnaire

Today's Date: (fill in) ___/___/___

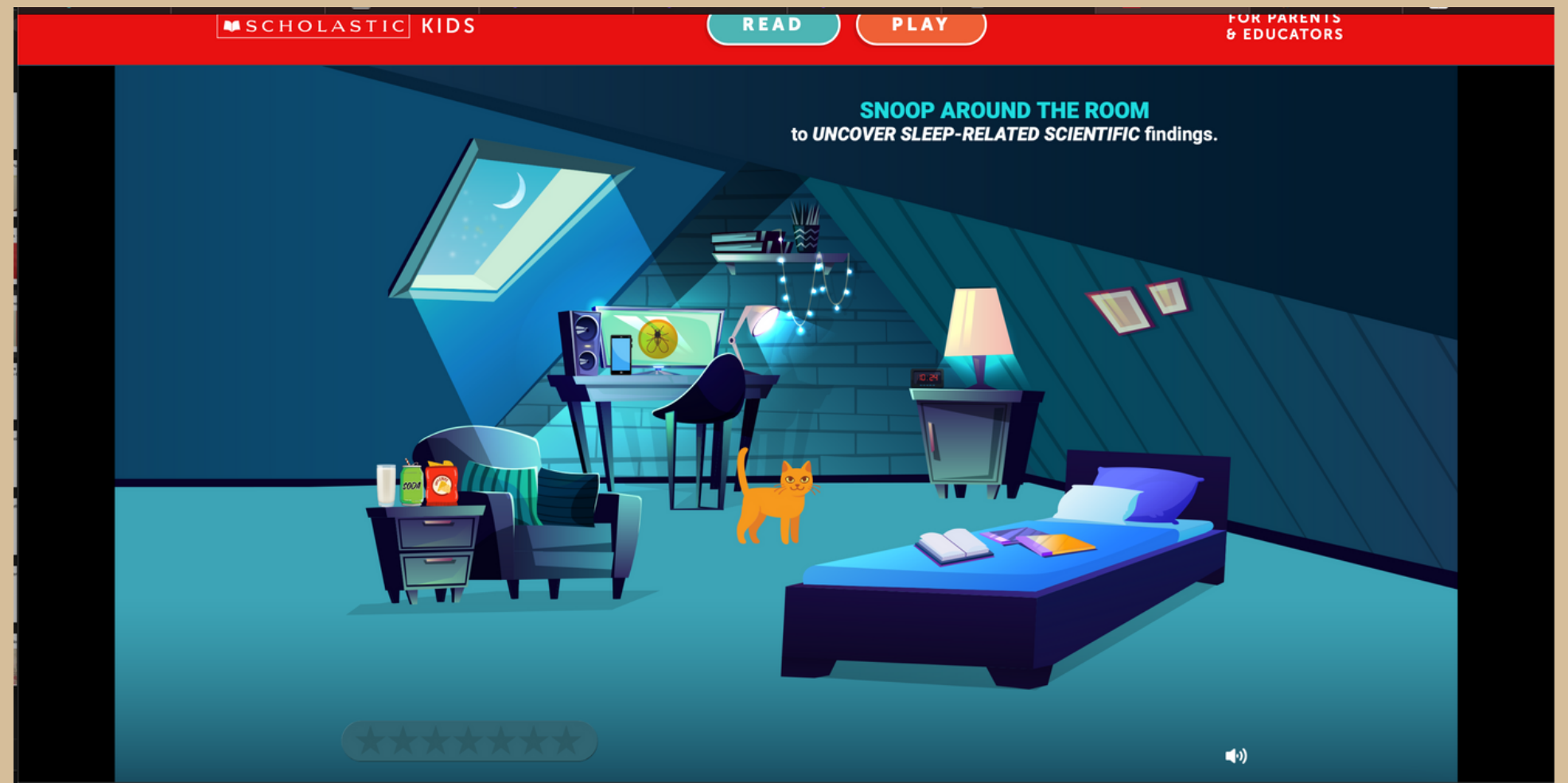
What is your age? (fill in years) ___ What is your sex? (check one) 1. Female 2. Male

We would like to know about when you might feel sleepy during a usual week. For each statement, mark the circle under the response that best fits with how often it applies to you. It's important to answer them yourself – don't have people help you. There are no right or wrong answers. For example, if we asked "I sleep with a pillow," and the response that best fit how often you sleep with a pillow was "often," you would mark the item as follows:

EXAMPLE	Never (0 times per month)	Rarely (less than 3 times per month)	Sometimes (1-2 times per week)	Often (3-4 times per week)	Almost every day (5 or more times per week)
I sleep with a pillow	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>

Sleepiness Questions

	Never (0 times per month)	Rarely (less than 3 times per month)	Sometimes (1-2 times per week)	Often (3-4 times per week)	Almost every day (5 or more times per week)
1. I fall asleep during my morning classes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. I go through the whole school day without feeling tired	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. I fall asleep during the last class of the day	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. I feel drowsy if I ride in a car for longer than five minutes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. I feel wide-awake the whole day	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. I fall asleep at school in my afternoon classes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



[HTTPS://WWW.SCHOLASTIC.COM/PATHWAYS/SLEEP/INDEX.HTML](https://www.scholastic.com/pathways/sleep/index.html)

TIPS FOR GETTING MORE SLEEP

zzz

FIRST, IS TO MAKE SLEEP ONE OF YOUR IMPORTANT PRIORITY

THE NEXT STEP IS TO DEVELOP APPROPRIATE NIGHTTIME AND DAILY ROUTINES TO ENCOURAGE GREAT SLEEP.

- LIMIT CAFFEINE IN CLOSE PROXIMITY TO BED TIME. COLLEGE STUDENTS SHOULD ALSO AVOID ALCOHOL INTAKE, WHICH DISRUPTS QUALITY SLEEP.
- AVOID ELECTRONIC SCREENS (PHONE, LAPTOP, TABLET, DESKTOP) WITHIN AN HOUR OF BEDTIME.
- ENGAGE IN DAILY PHYSICAL EXERCISE, BUT AVOID INTENSE EXERCISE WITHIN TWO HOURS OF BEDTIME.
- ESTABLISH A SLEEP SCHEDULE. BE AS CONSISTENT AS POSSIBLE IN YOUR BEDTIME AND RISE TIME, AND GET EXPOSURE TO MORNING SUNLIGHT.
- ESTABLISH A "WIND-DOWN" ROUTINE PRIOR TO BEDTIME.
- LIMIT USE OF BED FOR DAILY ACTIVITIES OTHER THAN SLEEP (E.G., TV, WORK, EATING)



POWERPOINT

IMPORTANCE OF SLEEP

- SLEEP IS VERY IMPORTANT FOR CONSOLIDATING MEMORIES. IN ANY SORT OF EXPERIMENTAL SETTING, STUDY RESULTS SHOW BETTER PERFORMANCE IF YOU LEARN MATERIAL AND THEN SLEEP ON IT, INSTEAD OF REMAINING AWAKE. SO THERE'S LOTS AND LOTS OF EVIDENCE NOW INDICATING THAT SLEEP PROMOTES MEMORY STRENGTHENING AND MEMORY CONSOLIDATION

STUDENTS WHO PRIORITIZE SLEEP ARE BETTER EQUIPPED TO HANDLE THE STRESS OF BEING AN ACTIVE STUDENT.

ESTABLISHING A SLEEP SCHEDULE AND GETTING ENOUGH SLEEP MIGHT HELP YOU COPE WITH STRESS. BEING ACTIVE AND PRODUCTIVE ALLOWS YOU TO GET MORE DONE DURING THE DAY, WHICH MINIMIZES STRESS.

IN THE WORST-CASE SCENARIO, A LACK OF SLEEP COMBINED WITH STRESS CAN RESULT IN MENTAL HEALTH ILLNESSES SUCH AS DEPRESSION, GENERAL ANXIETY DISORDER, AND POSSIBLY EVEN POST-TRAUMATIC STRESS DISORDER.



CAUSES OF COLLEGE STUDENT LOOSING SLEEP

- INADEQUATE SLEEP HYGIENE – SLEEP HYGIENE REFERS TO BEHAVIORS THAT EITHER HARM OR ASSIST A STUDENT'S ABILITY GET ENOUGH QUALITY SLEEP.
- CAFFEINE AND ENERGY DRINKS – CAFFEINE'S EFFECTS MIGHT LAST FOR MORE THAN SEVEN HOURS, MAKING IT DIFFICULT TO FALL AND REMAIN ASLEEP. CAFFEINE CAN BE PRESENT IN A VARIETY OF BEVERAGES, INCLUDING COFFEE, SOME TEAS, ENERGY DRINKS, AND SOME SODAS.
- TECHNOLOGY– THE GOAL HERE IS TO KEEP THE DIGITAL WORLD OUT OF YOUR SLEEPING PLACE. ACCORDING TO RESEARCH:
 - HAVING A CELL PHONE IN YOUR SLEEPING AREA CAN CAUSE DAYTIME DROWSINESS, LOWER SLEEP QUALITY, MAKING IT DIFFICULT TO GET AND REMAIN ASLEEP, AND CAUSE YOU TO WAKE UP DURING THE NIGHT.
 - USING A COMPUTER BEFORE NIGHT INCREASES THE LIKELIHOOD OF SLUGGISH DRIVING, DAYTIME TIREDNESS, AND LESS RESTFUL SLEEP.
 - PLAYING VIDEO GAMES BEFORE BEDTIME MAKES IT DIFFICULT TO SLEEP. (IT'S NOT JUST ABOUT THE LOUDNESS. LIGHT IS EMITTED BY ELECTRONIC GADGETS, AND EXPOSURE TO LIGHT CAN IMPAIR THE BODY'S GENERATION OF MELATONIN, A NATURAL SLEEP AID).

SYMPTOM OF SLEEP DEPRIVATION.



ASIDE FROM CONSTANT YAWNING AND SLEEPINESS, FATIGUE, AND IRRITABILITY, THE SIGNS OF SLEEP DEPRIVATION CAN INCLUDE:

- MEMORY ISSUES (THAT OBVIOUSLY AFFECT LEARNING)
- MOOD SWINGS
- WEAKENED IMMUNE SYSTEM
- HIGHER RISK OF DIABETES
- DECREASED BALANCE
- INCREASED RISK OF HIGH BLOOD PRESSURE AND HEART DISEASE
- INCREASED HUNGER AND WEIGHT GAIN
- GREATER RISK OF ACCIDENTS
- TROUBLE CONCENTRATING (BRAIN FOGS)

MY GOAL AT THE END OF THIS LESSON FOR MY STUDENT'S IS THAT THEY HAVE GAINED THE INSTRUMENT THEY NEED TO BUILD A GOOD HABIT, AND AS WE ARE GETTING TOWARD THE END OF THE SEMESTER, THEY HAVE THE KNOWLEDGE ON HOW TO PRIORITIZE ALL THEIR ACTIVITIES, WHILE STILL GETTING A GOOD NIGHT SLEEP.

STUDENT'S REFLECTIONS

- 1. "THE IDEA OF THE PRESENTATION WAS GREAT. I THINK COLLEGE STUDENT SHOULD HAVE THEIR SLEEP".**
- 2. "I LEARNED MORE ABOUT MY SLEEP ROUTINE THAT I KNEW BEFORE".**
- 3. "I ENJOYED THE FINDING THINGS AROUND THE ROOM ACTIVITY, IT WAS VERY INTERACTIVE AND I WAS ABLE TO LEARN ABOUT FACTORS THAT HINDER MY SLEEP".**
- 4. "MERCY SAID THAT SHE USES HER MOBILE DEVICE TO TRACK HER SLEEP AND THAT US A NEW INFORMATION I LEARNT".**
- 5. "I LEARNT THAT PRIORITIZING MY SLEEP IS IMPORTANT NOT ONLY DURING FINAL WEEK BUT EVERYDAY OF MY LIFE".**

STUDENT FACILITATOR'S REFLECTION

I BELIEVE THAT MY PRESENTATION WAS FUN, INFORMATIVE AND INTERACTIVE. NORMALLY THIS IS NOT THE TYPE OF TOPIC YOU TEACH TO A CLASS BUT AS STUDENT SOME OF US OVERLOOK THE IMPORTANCE OF A GOOD NIGHT SLEEP. MY STUDENTS WERE VERY PARTICIPATIVE AND I SAW HOW MUCH THEY LIKED THE PRESENTATION ESPECIALLY THE INTERACTIVE ACTIVITY. I CAN SEE THAT THEY EARN A LITTLE OF WHAT SLEEP CAN DO TO THEIR PERFORMANCE AND HOW IT CAN MAKE THEM A BETTER STUDENT. ONE OF MY STUDENT ON THEIR FEEDBACK NOTE SAID I MAY HAVE SPOKEN A LITTLE FAST, SO FOR NEXT TIME OR IN LIFE, I PLAN TO SLOW DOWN, ENUNCIATE MY WORDS AND INTERACT BETTER WITH THE STUDENT. I SOMETIMES RUN THROUGH PRESENTATION BECAUSE OF MY ANXIETY BUT I HAVE LEARNED TO UNDERSTAND THAT ONLY I WILL REALIZE THAT I MADE A MISTAKE AND I SHOULD NOT BE ANXIOUS ABOUT ANYTHING BECAUSE MY AUDIENCE ARE HERE AND WILLING TO LEARN FROM ME.

RESEARCH

- **EMERSON , J. (2015, JULY 15). THE IMPORTANCE OF SLEEP FOR COLLEGE STUDENTS. OFFICE OF ADMISSIONS. RETRIEVED NOVEMBER 26, 2022, FROM [HTTPS://ADMISSIONS.USF.EDU/BLOG/THE-IMPORTANCE-OF-SLEEP-FOR-COLLEGE-STUDENTS](https://admissions.usf.edu/blog/the-importance-of-sleep-for-college-students)**
- **SLEEP RECHARGES YOU: EDUCATOR RESOURCES. SLEEP EDUCATION. (2022, NOVEMBER 17). RETRIEVED NOVEMBER 26, 2022, FROM [HTTPS://SLEEPEducation.ORG/GET-INVOLVED/CAMPAIGNS/SLEEP-RECHARGES/EDUCATOR-RESOURCES/](https://sleepeducation.org/get-involved/campaigns/sleep-recharges/educator-resources/)**
- **WHY YOU SHOULD MAKE A GOOD NIGHT'S SLEEP A PRIORITY. HARVARD SUMMER SCHOOL. (2022, AUGUST 9). RETRIEVED NOVEMBER 26, 2022, FROM [HTTPS://SUMMER.HARVARD.EDU/BLOG/WHY-YOU-SHOULD-MAKE-A-GOOD-NIGHTS-SLEEP-A-PRIORITY/](https://summer.harvard.edu/blog/why-you-should-make-a-good-nights-sleep-a-priority/)**