



# Sleep on it

The way you feel while you're awake depends in part on what happens while you're sleeping. When you sleep, your body is working to support healthy brain function and physical health by healing and repairing blood vessels. In children and teens, sleep also helps support growth and development. Studies show that a good night's sleep improves learning, decision making and creativity.

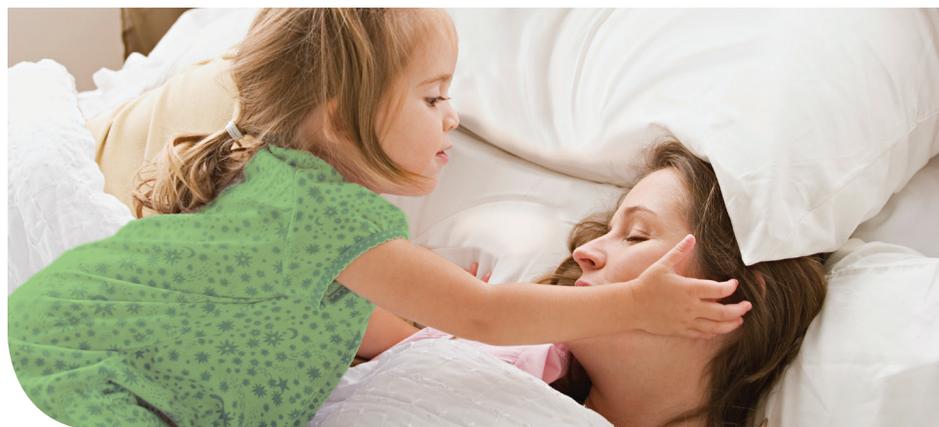
## Fast sleep facts.

- Lack of sleep increases the hormones that make you feel hungry and decreases those that make you feel full. This means that when you get too little sleep, you are more likely to think you are hungrier than you really are.
- Sleep deficiency also results in higher than normal levels of blood sugar. When the body stops responding to insulin correctly, this may increase your risk for developing diabetes.
- Sleep loss can lead to problems with hyperactivity and attention. Research also shows that it interferes with the learning in youth.
- 60 percent of grade school and high school children reported feeling tired during the daytime, and 15 percent of them admitted to falling asleep in class.

## Tips for sweet dreams.

- Don't hit snooze. The on-and-off-again effect of dozing and waking causes shifts in the brain-wave patterns. Sleep-deprived snooze-button addicts are likely to shorten their quota of REM sleep, impairing their mental functioning during the day.
- Keep a regular sleep/wake schedule, even if that means recording your favorite late night show.
- Don't drink or eat caffeine four to six hours before bed and minimize daytime intake.
- Get regular exercise, but keep it at least three hours before going to bed. Cooler body temperatures are associated with the onset of sleep, so you don't want to get into bed right after a workout, when your core temperature is likely still elevated.
- Minimize noise and light where you sleep. Turn off the TV and put your phone out of reach.
- Develop a regular bedtime by going to bed at the same time each night.

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Sources: Causes and consequences of sleepiness among college students (Nature and Science of Sleep) By: Hershner, Shelley, and Ronald Chervin. <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4075951/>, (HowStuffWorks) By: Layton, Julia. <http://science.howstuffworks.com/life/sleep-obesity1.htm>,

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