

# Health & Wellness

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## It's Time For Bed!!!

*The Importance of Getting Health Sleep*

We all know that we should get a good night's rest. Some of us turn into something otherworldly without it (I bet your coworkers can attest to that). We've heard terms such as "Early to bed, early to rise" or "The early bird gets the worm," but just how important is getting a healthy amount of sleep?

Some of us have met students who always study until 2AM for an 8AM class. They can be spotted running through the door, last minute, with disheveled looks and baggy eyes in tow. So, any time there was an upcoming exam, my professors never failed to remind the class to get plenty of sleep and, most importantly, do *not* cram. It sounded so repetitive and mundane, until I couldn't remember half the things I'd studied the night before on test day. An article by the Division of Sleep Medicine at Harvard Medical School states "...human studies suggest that the quantity and quality of sleep have a profound impact on learning and memory. Research suggests that sleep helps learning and memory in two distinct ways. First, a sleep-deprived person cannot focus attention optimally and therefore cannot learn efficiently. Second, sleep itself has a role in the consolidation of memory, which is essential for learning new information."

I know some of you are probably thinking "Well, I'm not in school anymore so I don't have no curfew" or "I'm grown and so is my bedtime..." blah-blah-blah. I get it. You graduated a long, long, long, *long* time ago. However, you do still have everyday life to deal with. Some of us have jobs that require energy, and we get that energy from what? Sleep. "Being chronically tired to the point of fatigue or exhaustion means that we are less likely to perform well. Neurons do not fire optimally, muscles are not rested, and the body's organ systems are not synchronized. Lapses in focus from sleep deprivation can even result in accidents or injury" (Division of Sleep Medicine at Harvard Medical School).

If this information still isn't enough to convince you to improve your sleeping habits, then go off the basis that sleep just feels good. Period. "I don't like to sleep" said no one ever. I guarantee you your body will thank you in the long run. Call the Sand Man, he misses you, and remember not to let the bedbugs bite.

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## 10 Reasons to Get Good Sleep...

1. Poor Sleep Can Make You Fat
2. Good Sleepers Tend to Eat Fewer Calories
3. Good Sleep Can Improve Concentration and Productivity
4. Good Sleep Can Maximize Athletic Performance
5. Poor Sleepers Have a Greater Risk of Heart Disease and Stroke
6. Sleep Affects Glucose Metabolism and Type 2 Diabetes
7. Poor Sleep Is Linked to Depression
8. Sleep Improves Your Immunes Function
9. Poor Sleep is Linked to Increased Inflammation
10. Sleep Affects Emotions and Social Interactions

