

# Sleep & Stress

## Stress For Everyone

- Academic stress usually stems from long hours of learning or studying.
- For athletes stress may come from long hours at practice.
- General stress comes from work,

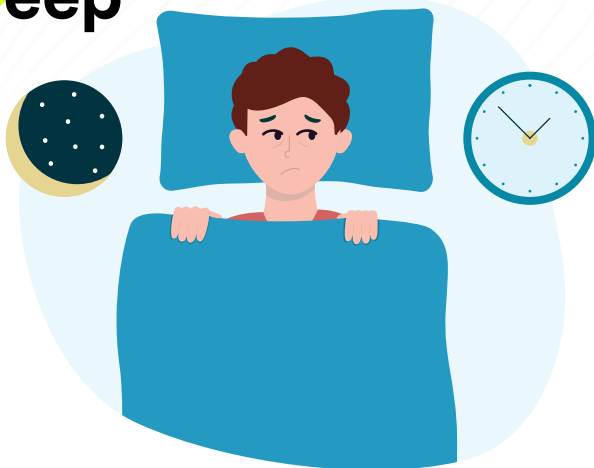


## Why Is Sleep Important?

Sleep is important because the more sleep you get the better you can function throughout the day. Sleep also allows you to preserve more energy and mental capacity.



## Stress Impacts Sleep



Chronic stress can negatively impact sleep quality and duration. It can prolong the time it takes to fall asleep, and it can wake you up from sleep.

## Getting A Good Night's Sleep



- ✓ Consider how much time you are spending on things that cause you stress.
- ✓ Set an allotted time for sleep, put all distractions away.
- ✓ Avoid eating big meals before bed.
- ✓ Develop a bedtime routine.