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# Sleep

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# Sleep and Its Importance

- Sleep is important because it enables the body to repair and be fit and ready for another day.
- Getting adequate rest may also help prevent excess weight gain, heart disease, and increased illness duration.

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# Sleep Problems

- Insomnia
- Sleep apnea
- Restless legs syndrome (RLS)
- Narcolepsy

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# Remedies for Sleep Problems

- Avoid daytime naps
- Avoid cell phone use closer to sleep hours
- Limit caffeine consumption
- Consistent sleeping patterns
- Limit alcohol consumption
- Breathing excersises/meditating

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# Results of Lack of Sleep on Academic Success

- Lack of Sleep leads to forgetfulness
- Lack of sleep causes problems in memorization and functionality
- Delay of melatonin release
- Lower GPA
- Delayed sleep/wakefulness timings