

Sleep Habits: Essential for Health & Wellbeing

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Sleep Facts: Did You Know?

But what we do know is that it serves a restorative functioning (e.g., cell repair & replacement such

While a regular sleep schedule is best, in reality

to repay that sleep debt. Here are some strategies to try:

• Power naps (15-

a full 90 minutes (roughly one full sleep cycle). Teens can consider fitting in a power nap in a spare period.

- Sleep in on weekends (again, only about one 90 min cycle so instead of getting up at 7 get up at 8:30).
- Avoid the snooze alarm. The extra 9 to 10 minutes of snoozing is poor quality sleep. You would be better off to just set the alarm 10 minutes later, get 10 more minutes of good quality sleep, and then get up when the alarm goes off the first time.
- Avoid or at least reduce early morning activities (e.g., 5am hock>BDC Br3ide91 0 0 93ae5a sl BD8(sge)(f)-9(e TETBT1 0 0 1 141.2 352.61 666 0.0028