

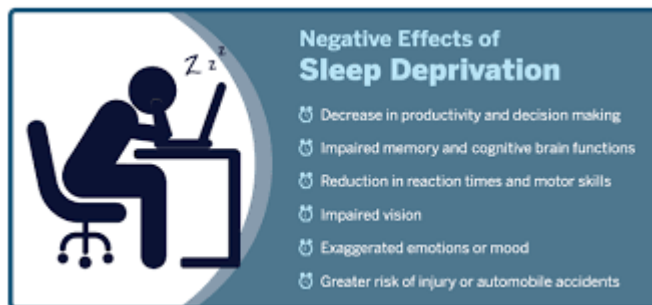
# **Struggling with Sleep Deprivation?**

Sleep is essential for helping a person maintain their Optimal Health.

## **Factors that can cause Sleep Deprivation?**

- Overstimulation before bedtime e.g. Exercising, Using Electronic devices, Stimulants like smoking Nicotine and Caffeine.
- Eating a large meal or snacking before bedtime.
- Not being Physical Active during the day.
- Experiencing Psychological stress.
- Having Exposure to noise disturbances.
- Medical conditions e.g. Headaches, Mental Health (Depression/ Anxiety), Nausea/Vomiting.

## **Complications/Negative Effects:**



## **Tips for Sleeping better:**

### **Lifestyle changes**

- Going to bed around the same time.
- Don't eat 2-3 hours before going to bed.
- Spending some time doing a relaxing bedtime activity such as reading or taking a bath.

- Minimizing daytime napping as much as possible.
- Fall asleep in cool, quiet dark room.

However, it is important to see a doctor if:

- The cause of your [sleep problem](#), [sleep disorder](#) or sleep deprivation is unexplained
- You are worried about the effects of your [sleep deprivation](#)
- You are concerned that there may be an underlying medical problem affecting your sleep.





## Self-assessment tool on Sleep Deprivation

Below answer the following questions with a Yes-Smiley Emoji-/NO- Sad Emoji to find out if you suffer from Sleep Deprivation:



1. Do you sleep between 6-8 hours at night?



2. Do you sleep through until morning? NB! (Accept for waking up for Biological need)



3. Is there change in your sleeping pattern for more than 1 month?

4. Do you go to bed after 10pm?

5. Does it take long for you to fall asleep and do you feel restless when trying to fall asleep?



6. Do you take caffeine before bed?



7. Are you taking any medication?



8. Do you have any Health Problems?

9. Do you have a set schedule or does it change on some days or weekends?

10. Do you eat large meals before bedtime?

The outcome of your answers will determine your sleeping behaviour. For any further information or concerns please contact Student Health Services- Contact information on UP Website