

## Go to Bed! Sleep and the Learning Process

### Like your Mom told you, “Go to bed! Get some sleep!”

Sleep is necessary for learning and memory function. Staying up late or all night will not improve your ability to retain what you are studying.

Instead, advances in neuroscience show that sleep actually is essential for long-term memory and aids in the learning process, so Mom was right after all!

Studies have shown that when deprived of sleep, people do not perform well on memory tasks and overestimate their level of performance. They also feel less happy and are less productive.

A good night’s sleep consists of 7-8 hours of uninterrupted rest. In fact, perhaps the right amount of sleep may be the first step in doing well at CWRU.

About 20 percent of all college students are sleep deprived!



### Tips for a better night’s sleep:

- **Go to bed at the same time every night and get up at the same time every morning.**

A regular sleep schedule sets your body’s sleep-wake cycle and can help you fall asleep faster at night.

- **Sleep at night.**

Avoid napping for longer than one hour and after 3:00 p. m. to be sure not to disrupt your sleep-wake cycle by taking long naps.

- **Eliminate stimulants.**

Caffeine and nicotine are not only addictive but also harmful because they keep you awake. Limit your caffeine intake later in the day because caffeine can take three to ten hours to be eliminated from the body.

- **Exercise.**

Aerobic exercise can help you fall asleep and be more rested. However, exercising too close to bedtime may keep you awake longer.