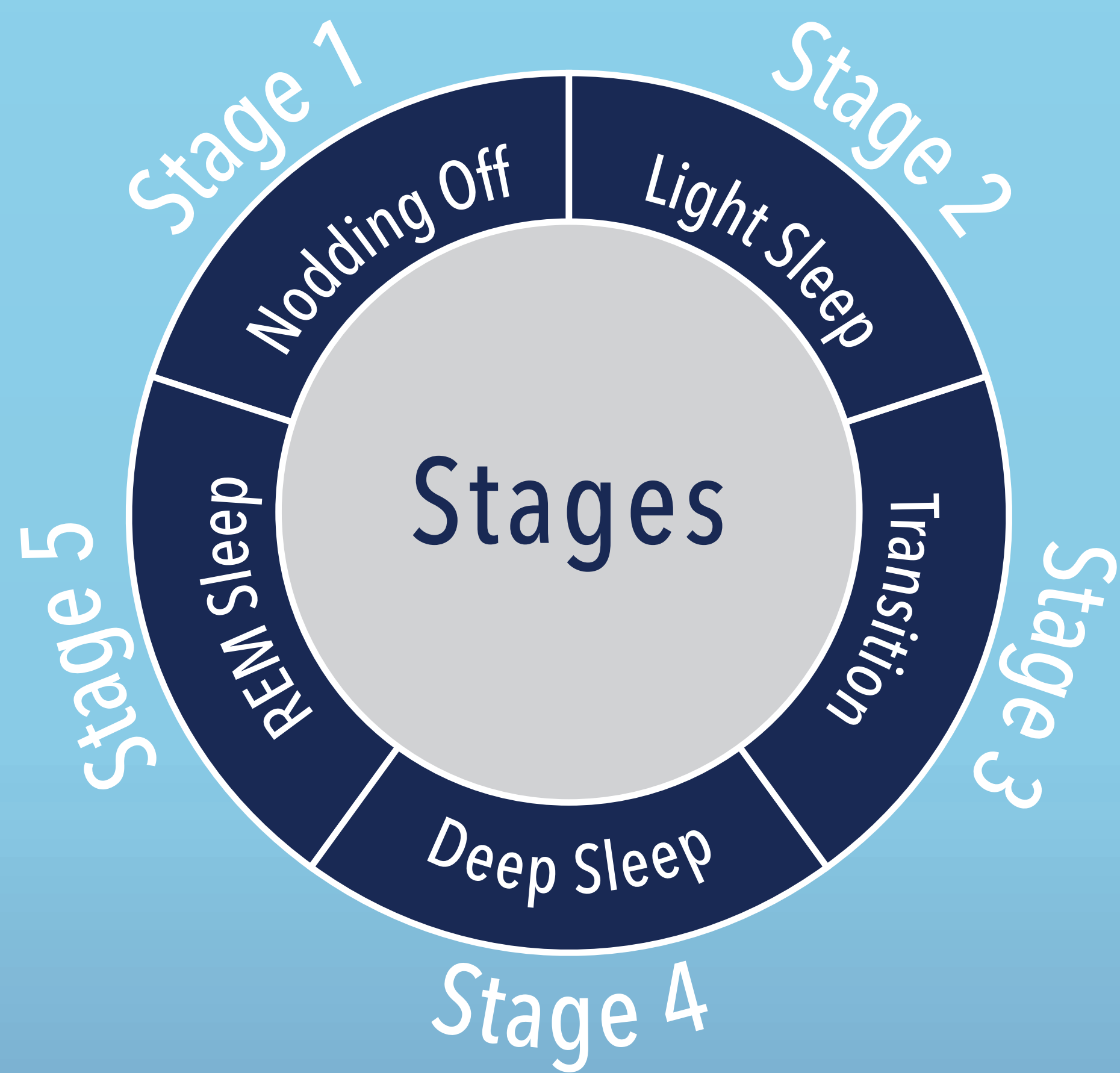


# STARVING FOR SLEEP: SLEEP DEPRIVATION

**SLEEP DEPRIVATION:** a sufficient lack of restorative sleep over a cumulative period so as to cause physical or psychiatric symptoms and affect routine performances of tasks.

## THE SLEEP CYCLE



**STAGE 1 (Nodding off):** Difficult to keep eyes open, body temperature drops, and brain activity decreases.

**STAGE 2 (Light Sleep):** Asleep, but can be easily awakened. Usually lasts 45 minutes or so.

**STAGE 3 (Transition):** Heart rate slows down, and breathing regulates. Muscles are more relaxed.

**STAGE 4 (Deep Sleep):** Heart rate is at its lowest, breathing is completely regulated and muscles are completely relaxed. Becomes difficult to wake up at this stage.

**Stage 5 (REM Sleep):** Dreaming occurs and eyes start making rapid movements. Heart rate and breathing become irregular, while muscles stay completely relaxed.

RECOMMENDED HOURS }

Adults:



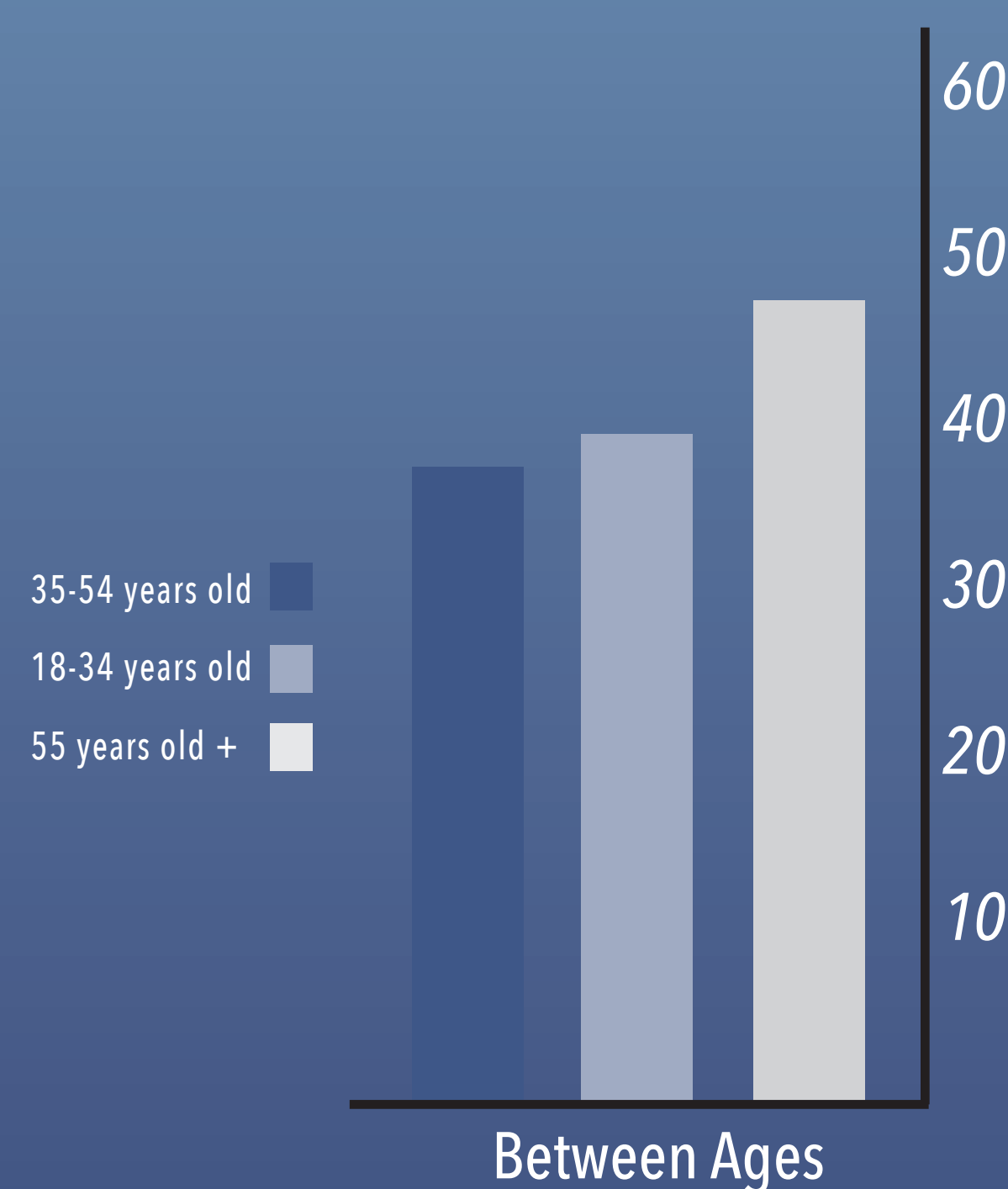
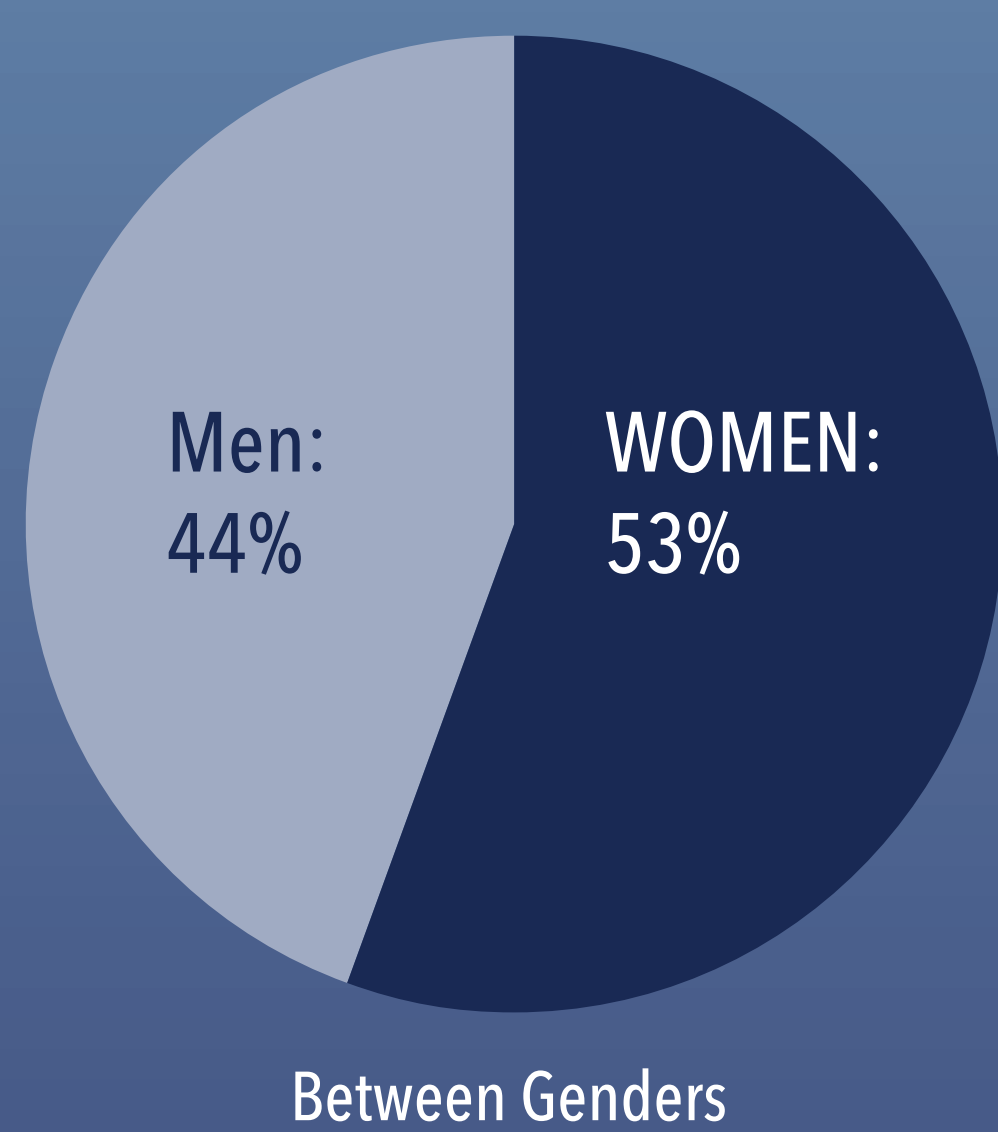
Teens:



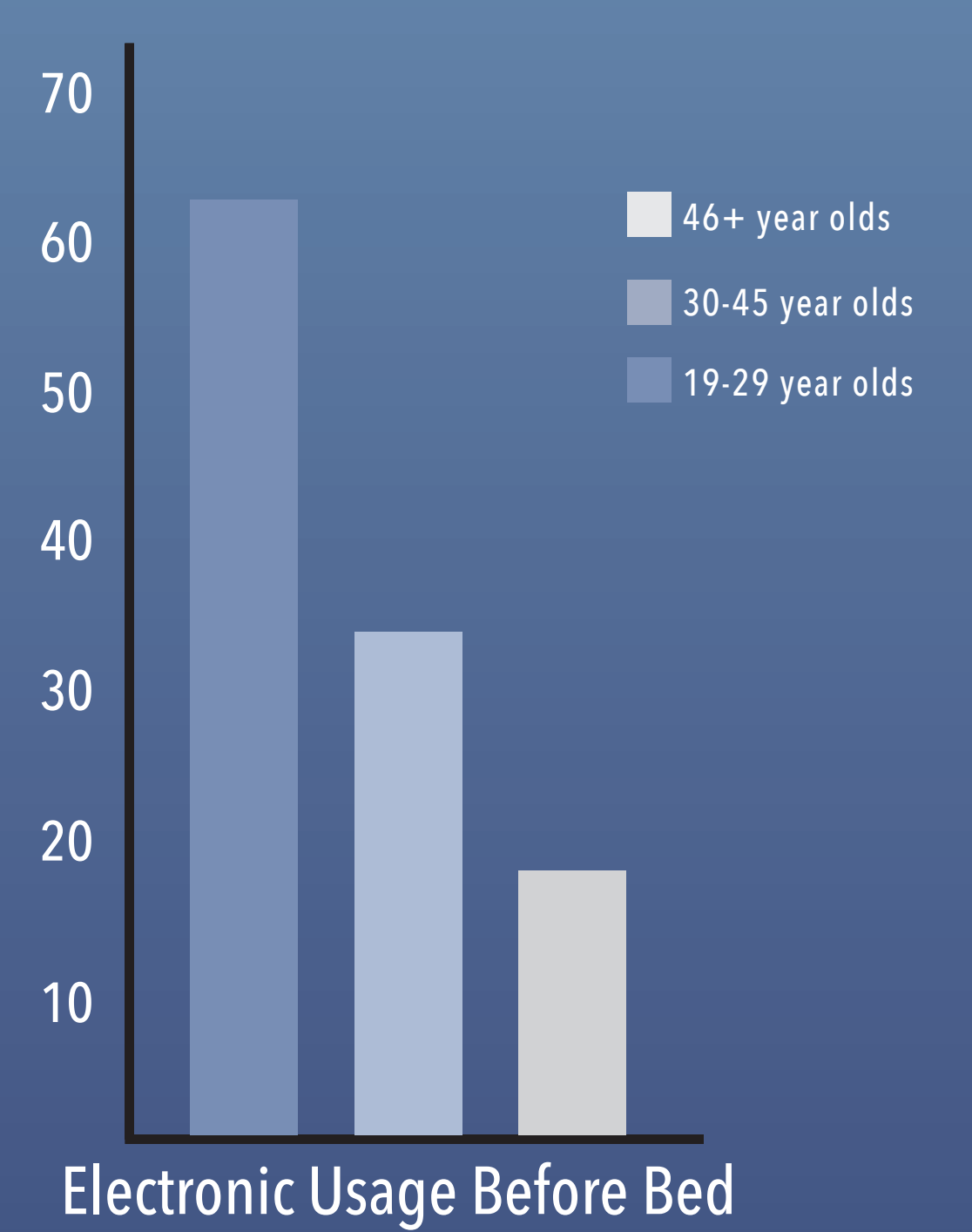
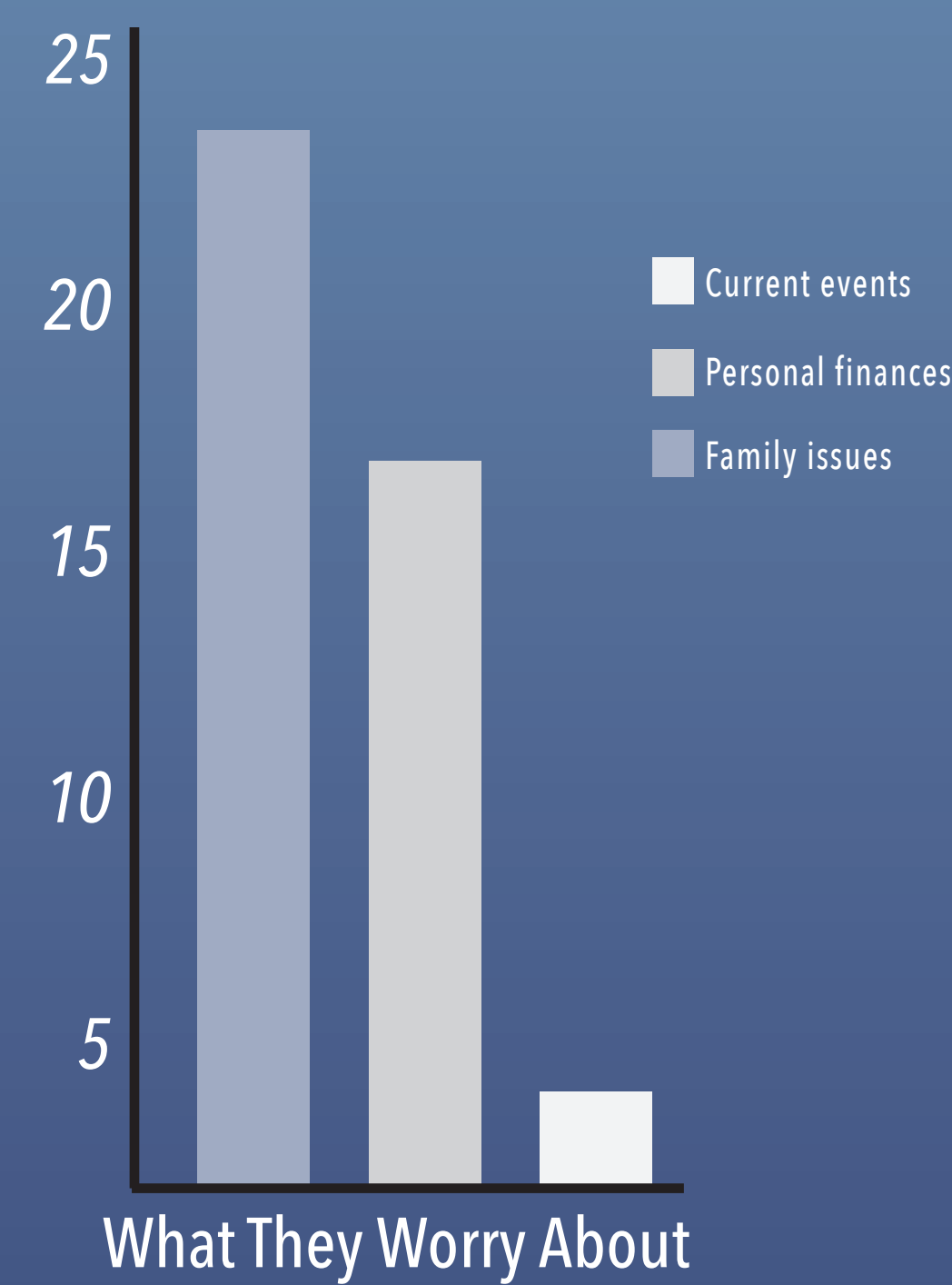
Children:



## WHO LOSES SLEEP THE MOST?

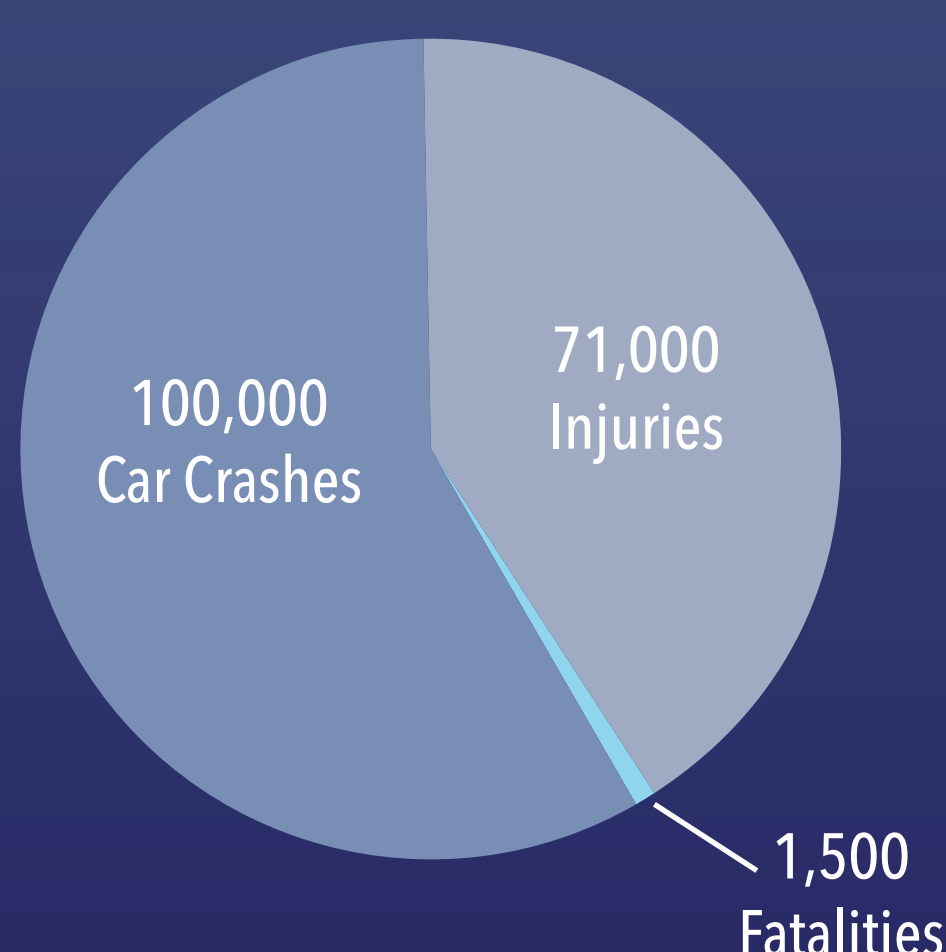


## WHAT KEEPS THEM AWAKE?

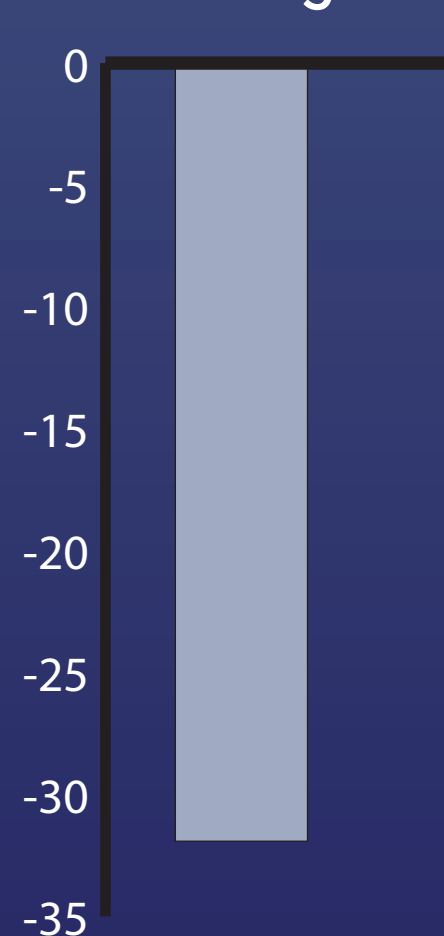


## SOME CONSEQUENCES

More car accidents:



Daytime alertness goes down 32%



## TIPS TO SLEEP BETTER

- Keep a regulated sleeping schedule and sleeping routine
- Don't use any electronic devices at least 1 hour before bed (phones, computer, tablet, etc.)
- Avoid heavy meals at least 2 hours before bed
- Avoid caffeine at least 6 hours before
- Take a hot shower or bath before bed
- Be physically active during the day
- Keep your bedroom as a quiet, cool and dark place.