The Importance of Sleep

Getting enough sleep is something people often talk about, but not always prioritize enough. Sleep is one of the most important healthy habits that people should establish. Understanding the value of sleep is important because it supports physical health, mental health and emotional well being. Getting enough rest can also help people start their day feeling refreshed and energized. As a college student, it can be difficult to prioritize sleep when our schedules are busy. Between attending classes or clinicals, working, completing assignments, and studying, it can feel like there is not enough time in the day to accomplish every task. However, sleep is one of the most important things our bodies need to function properly and restore brain function. Not getting enough else can contribute to changes in mood, unhealthy eating food, and an increased likelihood of engaging in risky behaviors. Although these effects do not occur in every situation, they are potential consequences of insufficient sleep. Even when our schedules are busy and time feels limited, establishing a nighttime routine can help improve our sleep habits. Avoiding the screen 30 minutes before bed, changing light fixtures to a more subtle light that can help circadian rhythm. Again these changes might feel small, but establishing consistency can make it easier to prioritize rest. Another important factor is managing time throughout the day. Planning assignments and studying ahead of time can help reduce the amount of work that needs to be completed late at night. However, this is not always easy to accomplish as a college student. Overall, sleep is a very important thing for students because it can affect how they concentrate, remember information, and perform well. Not getting enough rest can make it difficult to engage in lectures or stay alert in class. This shows why getting enough sleep is not important, but also to support your health, learning, and daily functioning.



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