

MARCH 2022

The Flourish

Supporting the well-being of all students at Stanford



Are you getting good sleep?

Let's find out with Papa Pine!



Sleep hygiene is a pattern of sleep behaviors that can vary quite significantly between individuals. Yes, the number of hours you spend asleep is an important variable of sleep hygiene. But, there's more! The time window in which you fall asleep, the window in which you wake up, and the consistency of these sleep/wake windows also has a huge impact on how rested you feel.

Sleep debt is the amount of hours our brain and body are “behind” on their restorative sleep needs. Ironically, complex cognitive daily demands increase our sleep needs, but often are the very things keeping us awake at night.

Colin Campbell, '11, Well-Being at Stanford



SLEEP TO BE WELL

Feel like you are dragging? Sleep may be your answer!

Our mood is strongly predicted by the quality of sleep we get in the most recent night, but also the quality of our sleep over the previous few weeks. As we accrue sleep debt we may become less aware of our emotional states, or even become subject to an emotional rollercoaster.

When managing a mental illness, prioritizing sleep is a critical strategy for softening symptoms. If you're struggling with a mental illness, a therapist can provide the support you need, often in the form of helping you build skills that will move you towards quality sleep on a regular basis.



IN THE SPOTLIGHT

Does what you eat or drink affect your sleep?

Depends.

Most substances affect our sleep in different ways based on our unique physiologies, and many other factors, sometimes with the specific effects changing over the course of our lives. While the food we consume may not be strictly considered “psychoactive,” it still plays an important role in supporting quality sleep.

Check out **The Flourish** site for steps to determine if your nutrition is affecting your sleep: studentaffairs.stanford.edu/flourish-march-2022



TIP OF THE MONTH

Doom-your-sleep-scrolling.

Turn off the lights, get in bed, check your phone, and next thing two hours have passed you by. This non-restorative behavior is called “doomscrolling.”

Don't fall into this trap! (1) Set a timer to limit how much time you scroll on your phone, (2) Stay cognizant and use mindfulness, and (3) Learn to disconnect yourself from your screen by exercising and breathing.



Can't sleep?

Research shows that low-impact exercise combined with breathwork can help slow the heart rate down, signaling the body that it's time to sleep.



Try carving some time out of your day to exercise— at least 30 minutes of aerobic and/or anaerobic exercise— to help improve your sleep quality that same night.

SLEEP CORNER