

5 Must-Have College Sleep Accessories



1 Memory Foam Topper

We recommend the **Lucid Memory Foam Mattress Topper** which adds 3 inches of cushion to a mattress. Rest up!

2 Sunrise Alarm Clock

Don't be late to class! We like the **Hatch Restore**. It gradually lights up your room and lulls you awake with music.

3 A Really Good Pillow

The **Coop Home Goods Original Pillow** is filled with a memory foam and microfiber blend, providing plenty of support and comfort for your big brain!

4 Microfiber Sheets

Brooklyn Bedding Brushed Microfiber Sheets are made of breathable polyester fibers to keep you comfortably cool. Plus, it helps resist wrinkles. Win-win.

5 Weighted Blanket

Weighted blankets can help promote feelings of relaxation by applying a gentle, comforting pressure to your body. We love the **Helix Weighted Blanket!**



We Nerd Out So You Can Sleep In

Check out our site for mattress reviews, coupons, sleep education resources, and more!



www.MattressNerd.com



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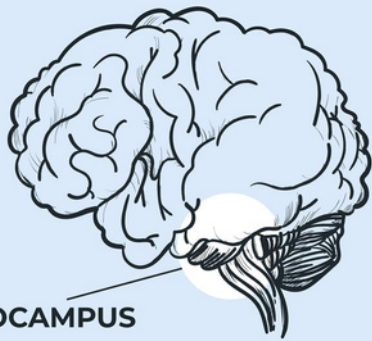
What You Need to Know When You're Sleeping at College

Dorm Essentials and Sleep Tips



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The Connection Between Sleep and Learning

There is a strong relationship between students' grades and how much sleep they're getting.

We go through four stages of sleep, and it's divided into two sections: Rapid Eye Movement (REM) and NREM (Non REM).

During **REM sleep**, which makes up about 20-25% of the sleep cycle, energy restoration of the brain and body occurs. It allows for the brain to process memories from the day prior and prepares it for decision making the following day.

If you are getting less than six hours of sleep a night, you're **depriving your brain** from being able to restore and reset, which will affect not only your grades, but many other facets of your daily life.

Importance of Getting Enough Sleep as a College Student

College students typically need about **7 to 8 hours of sleep per night** to feel rested and alert the next day.

Good sleep habits can **improve skills needed for school**, like increased retention of new information, the ability to concentrate, quick recall, and an improved immune system response.



Tips for Getting Good Sleep in College

- Create a calming sleep environment.
- Make sure your mattress and pillows are comfortable and supportive.
- Keep your space tidy.
- Develop a pre-bed routine.
- Don't use electronics an hour before bed.
- Be careful about taking naps.

Common Sleep Disruptions



Students report that **stress** is the most common reason they have trouble getting sleep at night.

Anxiety is another huge factor that can inhibit one's ability to relax or calm the mind prior to bed.

Plus, **stimulants like medication, alcohol, or nicotine** can make falling asleep at a reasonable time difficult, and can even disrupt quality of sleep.

Realistically, it's inevitable that stress from school work, anxiety about a big exam or a personal relationship, along with socializing or treating a medical diagnosis are all a part of college life.

But recognizing how these disruptions affect our bodies can help us find an appropriate balance that is sustainable in everyday life.

Another common sleep disturbance example among college students are **all-nighters**. The stress and anxiety of finishing an assignment or trying to study as much information the night before a test can be more detrimental than beneficial.

You're better off getting a good night's sleep and then going to take the test off of your prior knowledge, than staying up all night cramming and depleting your brain and body of the energy it needs to focus.