

Benefits of Sleep

Memory and Learning

Sleep plays an important role in forming memories, problem-solving and learning. In fact, getting enough sleep can increase productivity more than spending extra time studying!

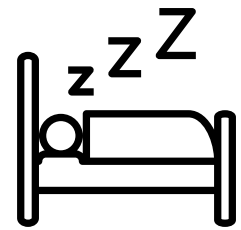
Feld, G. B., & Diekelmann, S. (2015). Sleep smart-optimizing sleep for declarative learning and memory. *Frontiers in psychology*, 6, 622.



Immune System

Trying to avoid catching a cold? Get more sleep! Sleep helps our immune systems function and makes it less likely we will get sick.

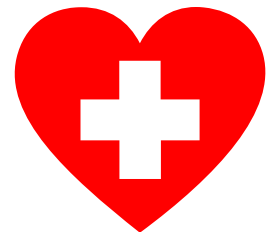
Besedovsky, L., Lange, T., & Born, J. (2012). Sleep and immune function. *Pflügers Archiv: European journal of physiology*, 463(1), 121-137.



Heart Health

Consistently getting a good night's sleep may reduce the risk of high blood pressure, diabetes, coronary artery disease, heart attack and stroke. If you don't get enough sleep all the time, that's okay! When we build healthy sleep habits over time we build healthy habits for our heart.

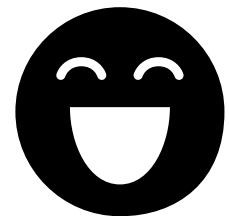
Heart & Stroke Foundation. (n.d.). *Sleep*. <https://www.heartandstroke.ca/heart-disease/recovery-and-support/emotions-and-feelings/sleep>



Mood

Getting enough sleep can help our well-being by reducing stress and irritability. While sleep affects our mood, our mood also affects our sleep. If you have been practicing good sleep hygiene and are having trouble sleeping, or if you are concerned about your mood, we are here to help. You can access medical support and counselling at the Health & Wellness Centre or check-in with one of our Wellness Coaches.

GetSleep (n.d.). *Sleep and Mood*. Retrieved July 2020, from <http://healthysleep.med.harvard.edu/need-sleep/whats-in-it-for-you/mood>



Wellness Coaches (1-753)

Located in the Student Services Office
P 250 563 2131 ext 5231
E wellnesscoach@cnc.bc.ca

Counselling Services (1-460)

Located in the Health & Wellness Centre
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