

## College Student Sleep, the end of Summer and Plans for the Sleep Health in the upcoming Fall term

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**Received date: July 30, 2018; Accepted date : August 06, 2018; Published date: August 08, 2018.**

**Citation this Article:** Kathy Sexton-Radek. College Student Sleep, the end of Summer and Plans for the Sleep Health in the upcoming Fall term. *J Sleep Disorders and Therapeutics*. DOI: [10.31579/VNS.2018/003](https://doi.org/10.31579/VNS.2018/003).

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College student sleep quality is poor [1]. The variable sleep schedules of some late nights followed by early nights with early wake up times and later wakeup times characterizes the both the freedoms in the college student schedule as well as choices that are made [2,3]. All too often, a choice to stay up late to complete an assignment or attend a party along with the excessive use of technology characterized by this population occurs [1,2,3]. The consequences of insufficient sleep in the college student problem present in lower grades, lower performance on cognitive academic tasks such as creativity, initiation and organization of information [1,2,3]. Of prominence is the excessive daytime sleepiness and decreased nighttime sleep duration during the term. Females more so than males have complained of sleep disturbances and reported larger discrepancies between perceived and actual sleep times [1,2,3]. Sleep dependent memory processing where both REM and Stage

¾ are essential for healthy sleep. In the college student sleepers are exposed to bright lights during the class and laboratory times and personal exposure with smart phones, tablets, video screens, and laptops [4, 5]. The excessive light signals prompt the brain to lighten and detour sleep in the induced transition to arousal. These factors lead to insufficient sleep in the college student [1, 4, 5, 6].

Interventions for the individual college student or wellness center interventions would provide the student sleeper with specific adaptations to their sleep [2,3]. Online programs and some apps may be selected for heightening awareness to the need to modify a sleep schedule. Then, the prioritizing of the changes in the student sleeper's sleep schedule can be set up. The summer months for the college student, commonly provides unstructured time, flexibility in scheduling and these factors mean that irregularities in sleep schedule occur [5, 6]. The unintended consequence of poor sleep can jeopardize the student

sleepers' academic performance. Areas such as inadequate memory formation, impaired attention/concentration and learning and reduction in cognitive quality are seen with reduced sleep [1, 3,6].

At a time where students need to maximize their academic performance and personal growth, poor sleep quality must be adapted [1,5,6]. The transition from the unstructured times of summer schedules to a healthy sleep can occur with purposeful planning of a sleep schedule to address their upcoming academic performance, now and not in reaction to a need later once they are in the term. Interventions to help a student plan for sleep health will position them to more healthy sleep lifestyle [1,2,3,4].

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