

Using Sleep to Your Advantage

Everyone has experienced times in their life where lack of sleep becomes a reality. Many people do not understand the negative impacts that lack of sleep can have on your educational performance.

Are you a lark or an owl or something in between? (pg 156-157)

Identifying your preferred sleeping pattern is very important. You want to use this information when choosing when to study for an exam or work on a big paper. You also want to be sure to schedule your classes in a way that fits your particular preference. Taking steps like these can help to ensure that you have adequate time to sleep when your brain and body need it most.

Larks (10% of people)

- Don't need an alarm clock because you wake up naturally
- Often wake up around 6:00 a.m. or earlier
- Favorite meal is breakfast
- Very productive the few hours before lunch
- Most alert around noon
- Get drowsy in the early evening and tend to want to go to bed around 9:00

Owls (20% of people)

- Need an alarm to wake up
- Rarely wake up before 10:00 a.m.
- Often drink large amounts of caffeine
- Favorite meal is dinner
- Often most productive in the late evening
- Rarely want to go to bed before 3:00 a.m.

Something in between (70% of people)

- Most individuals fall into this category
- Some are more larkish, some more owlsh, some more in the middle

The Nap Zone...Beware!!! (pg 158-159)

Our bodies have two different cycles occurring at all times. One cycle is constantly trying to make us fall asleep; one constantly tries to keep us awake. The nap zone occurs when these two cycles are roughly even in the middle of the afternoon.

This occurs for everyone, but some people feel it more. *If you experience a strong desire to take a nap during the afternoon, it may be best not to schedule classes during that time. It also does not make sense to try to study or work on a big project at that time.*

The Dangers of Sleep Deprivation (pg 162-165)

Lack of sleep hurts

- Learning
- Attention
- Executive function
- Immediate memory
- Working memory
- Your mood
- Quantitative skills
- Logical reasoning ability
- General math ability

Take the time to sleep. It just might be one of the best education decisions that you can make.

Information taken from:

Medina, J. (2008). *Brain Rules: 12 principles for surviving and thriving at work, home, and school.*
Seattle, WA: Pear Press.