

**FOR MORE INFORMATION
AND TIPS ON SLEEP
DEPRIVATION, VISIT OTC'S
COUNSELING SERVICES PAGE:**



Reference List

Sleep and your mental health. Villanova University. (n.d.).
<https://www1.villanova.edu/university/student-life/health-services/health-wellness-resources/sleep-deprivation.html>

Why sleep. Academic Skills Center. (2022, October 11).
<https://students.dartmouth.edu/academic-skills/learning-resources/improving-sleep>



**SLEEP
DEPRIVATION**

**What is It?
What Can We Do To
Help?**

ARE YOU GETTING ENOUGH REST?

WHAT SLEEP DEPRIVATION MEANS FOR YOU

METHODS TO HELP SOLVE THIS PROBLEM

Do You:

1. Have trouble falling asleep at night?
2. Have trouble waking up?
3. Worry about getting enough sleep?
4. Wake up in the middle of the night?
5. Often feel tired & drowsy during the day?
6. Sleep during the day?

If You Said Yes To One Or More Of The Above Questions Then You May Be Sleep Deprived.

Effects:

1. Stress, anxiety, or depression
2. Feeling lonely, isolated, & too tired to socialize
3. A struggle to concentrate and focus
4. Irritability, a lack of energy, & an overall struggle in day to day life

Causes:

1. Poor sleeping habits
2. Stress or worries
3. Poor diet & exercise patterns
4. Alcohol or drugs
5. Various mental & physical health problems

You Can Try To:

1. Acknowledge your need for sleep & allow yourself time for it
2. Avoid screen time before bed
3. Establish a regular sleep schedule
4. Avoid caffeine & alcohol
5. Engage in daily exercise & healthier eating habits
6. Give your mind & body time to wind down
7. Use relaxation & mediation techniques
8. Make your environment comfortable
9. Consider counseling for mental health issues