Time for Bed

Did you know getting enough sleep can improve your health? Learn how much sleep you need and how it impacts your health.

**How much sleep do adults need each night?**

During sleep, your body:
- Repairs tissue
- Builds bone
- Builds muscle
- Strengthens the immune system

Adults spend 4 to 5% of the night in light sleep. During this stage, muscle activity slows down and there is occasional muscle twitching.

**REM**

Adults spend 4 to 6% of the night in deep sleep. The brain begins to generate waves during deep sleep.

**Stage 1**

Adults spend 45 to 55% of the night in Stage 2 sleep. During this stage, breathing patterns and heart rate slow down, and body temperature decreases slightly.

**Stage 2**

Adults spend 20 to 25% of the night in REM (rapid eye movement) sleep. During this stage, brain waves speed up and dreaming occurs. The muscles relax, heart rate increases, and breathing becomes rapid and shallow.

**Stage 3**

Adults spend 12 to 15% of the night in very deep sleep. During this stage, breathing is rhythmic, muscle activity is limited, and the brain produces waves.

**Stage 4**

Adults spend 12 to 15% of the night in very deep sleep. During this stage, breathing is rhythmic, muscle activity is limited, and the brain produces waves.

**The Sleep Cycle**

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The Benefits of Sleep

**Helps Repair the Body**
- The body produces extra protein molecules
- Fights infection
- Mends the body at a cellular level

**Keeps the Heart Healthy**
- Reduces inflammation in the body
- Helps regulate blood pressure
- Helps regulate cholesterol levels

**Reduces Risk for Diabetes**
- Lack of sleep affects how the body processes glucose

**Safety**
- Lack of sleep causes daytime drowsiness, which could lead to accidents, falls, or mistakes

**Improves Memory**
- During sleep, the brain organizes memories
- Allows the brain to process new experiences
- Increases your understanding and retention

**Reduces Stress**
- Regulates blood pressure
- Reduces degeneration of cells
- Encourages state of relaxation

**Controls Body Weight**
- Regulates the hormones that affect appetite
- Affects the way our bodies store and process carbohydrates

**Reduces Mood Disorders**
- Reduces irritability, impatience, inability to concentrate, and moodiness
- Reduces risk for depression and anxiety

**10 Tips For a Good Night’s Sleep**

1. Stick to a schedule
2. Sleep only at night
3. Exercise regularly
4. Take a hot shower before bed
5. Avoid eating right before bed
6. Avoid caffeine
7. Read a fiction book before bed
8. Have the room slightly cooler
9. Sleep in silence
10. Avoid alcohol before bed

For more information & handouts, visit http://www.utexas.edu/student/housing/wellness