Summer Fun
This summer, don’t be a zombie—run from them! Zombies are a great motivator for a 5k, hosted not so far from home in Sarasota, Tampa and Clearwater. For more information, check out: www.the5kzombierun.com

5 Smart Steps to Less Stress
Less Stress = Better Sleep
😊 Know what stresses you
😊 Make a plan
😊 Take care of your body
😊 Take care of your feelings
😊 Ask for help

The Sleep Cycle
Until the 1950s, most people thought of sleep as a passive, dormant part of our daily lives. We now know that our brains are very active during sleep. Moreover, sleep affects our daily functioning and our physical and mental health in many ways that we are just beginning to understand. A typical night’s sleep happens in 90-minute cycles.

REM Sleep—Rapid Eye Movement sleep is the stage of most intense dreaming. You body is active as your pulse, breathing and temperature increase and your eyes dart back and forth. Brainwaves resemble wakeful patterns but this is when you are more difficult to awaken.

Non-REM Sleep— Body temperature drops, breathing and pulse slow and dreams are less intense. This is when people sometimes sleep-walk or sleep-talk. The body recharges itself.

Survive a Zombie Apocalypse
Demands of school, work, family, and friends may give you less time for sleep. Add in the stress of being a college student and even when you have time for sleep, you sometimes can’t fall asleep.
Sleep is as necessary as food and water, but we tend to put it off without realizing the negative effects that it has on us. With too little sleep, the body accumulates a “sleep debt.” Eventually, this debt must be paid, even if this means falling asleep at a bad time, like in the middle of class. At some point in our lives, we’ve all felt the contagious effect of being infected with sleep deprivation. We go about our day resembling zombies... you know groggy, feeling lifeless, and maybe even a bit moody.
Promising ourselves we will get better sleep next time or that we will catch up on sleep over the weekend isn’t a solution. Instead, try taking action towards bettering your sleep by following a routine before bed and minimizing the distractions, such as cell phones. Stay active during the day and cut out caffeine in the evenings. When in doubt, a fluffy pillow and a soft blanket always helps!

WELLNESS TIP
Though we’re so used to our technology, putting them away an hour or two prior to bed helps us sleep better because they deprive the brain from the downtime it needs.

Cost of Sleep Deprivation
- Increased irritability
- Decreased motivation, memory, concentration and creativity
- Increased likelihood of injury
- Unhealthy cravings
- Higher risks of depression, anxiety, or problems like headaches or stomach upset

Learn how much sleep YOUR body needs. Science can offer suggestions and recommendations, but every person is different. You may need more or less sleep depending on your body. Find what works for you!

SLEEP RECOMMENDATIONS
By age group

<table>
<thead>
<tr>
<th>Group</th>
<th>Hours/Day</th>
</tr>
</thead>
<tbody>
<tr>
<td>Newborns</td>
<td>16-18</td>
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<tr>
<td>Pre-schoolers</td>
<td>11-12</td>
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<tr>
<td>School-aged</td>
<td>At least 10</td>
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<tr>
<td>Teens</td>
<td>9-10</td>
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<tr>
<td>Adults/Elderly</td>
<td>7-8</td>
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</tbody>
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Question of the Month
Name one thing that occurs during REM sleep.

Email Diane at dodeh@fgcu.edu with the correct answer to enter into a drawing for $10 of Eagle Dollars!