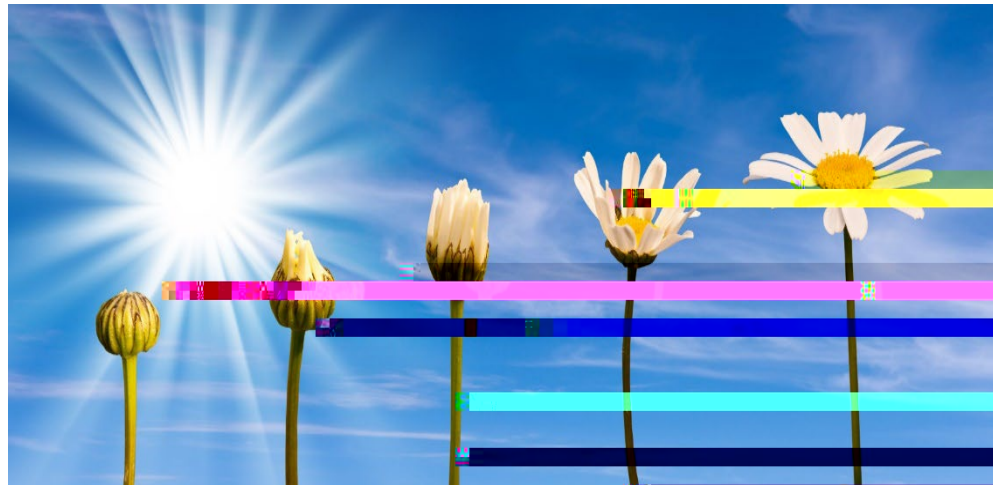


Psychology Month

how you *sleep*, how you



www.dpcdsb.org/psychology

DPCDSB Psychology Department

Impact of Sleep Debt

Change How You Sleep – Change How You Feel

Effects of Sleep deprivation

Cognitive impairment

- Memory lapses or
- Impaired moral judgement

Severe yawn

Other:

- Growth suppression

Decreased reaction time and accuracy

Hallucinations

Symptoms similar to A.D. D

Decreased temperature

Risk of obesity

Risk of heart disease

increased heart rate variability

impaired immune system

Type 2

Sleep and Electronic Devices

Change How You Sleep – Change How You Feel

- Problems with technology in the bedroom

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Caffeine and Other Substances

Change How You Sleep – Change How You Feel

- Caffeine's impact peaks at 1hr (after consumption) but it stays in your system for 6-7 hours
- It reduces deep sleep (staged 3 & 4 sleep)
- Caffeine is in more than just coffee & tea:



- Alcohol and marijuana also reduce rapid eye movement (REM) sleep
- Cigarettes contain nicotine, which is a potent stimulant and can cause insomnia