Sleep and Memory

WHY is sleep important?

- In research, nurses with extreme sleep durations (less than 5 hours or more than 9) performed worse on memory tests (1)

- Research has shown multiple memory functions benefit from sleep (6)

- More awareness during day’s activities and therapy (2)

- Boosts your immunity and helps maintain healthy weight (3)

Contact your doctor if you regularly have trouble sleeping (7)

HOW do I get the best sleep possible?

S et a regular schedule. Go to bed and wake up at routine times (4)

L et your mind rest. Turn off electronics at least an hour before bed (5)

E xercise regularly (7)

E valuate your room. Be sure it’s dark, cool, and quiet (4)

P ractice a routine, like taking a shower or reading a book (4)

Resources

4- Improve your memory with a good night’s sleep. (n.d.). Retrieved from https://www.sleeppharmacy.org/excessive-sleepiness/performance/improve-your-memory-good-nights-sleep
7- 6 steps to better sleep. (2020, April 17). Retrieved from https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/sleep/art-20048379