



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?

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

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

Exercise regularly⁽⁷⁾

Evaluate your room. Be sure it's dark, cool, and quiet⁽⁴⁾

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

Resources

1-Devore, E. E., Grodstein, F., Duffy, J. F., Stampfer, M. J., Czeisler, C. A., & Schernhammer, E. S. (2014). Sleep duration in midlife and later life in relation to cognition. *Journal of the American Geriatrics Society*, 62(6), 1073–1081. doi: 10.1111/jgs.12790

2- Morrow, E. L., Duff, M. C., Morrow, E. L., Duff, M. C., & Department of Hearing & Speech Sciences. (2019, December 23). Sleep supports memory and learning: Implications for clinical practice in speech-language pathology. Retrieved from https://pubs.asha.org/doi/10.1044/2019_AJSLP-19-00125

3-*Healthy sleep basics*. (n.d.). Retrieved from <http://sleepeducation.org/healthysleep/healthy-sleep-basics>

4- *Improve your memory with a good night's sleep*. (n.d.). Retrieved from <https://www.sleepfoundation.org/excessive-sleepiness/performance/improve-your-memory-good-nights-sleep>

5-Harvard Health Publishing. (2012, May). *Blue light has a dark side*. Retrieved from <https://www.health.harvard.edu/staying-healthy/blue-light-has-a-dark-side>

6- Rasch, B., & Born, J. (2013, April). *About sleep's role in memory*. Retrieved from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3768102/>

7- *6 steps to better sleep*. (2020, April 17). Retrieved from <https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/sleep/art-20048379>