

March is Sleep Awareness Month

Few things impact mental health more than sleep. Most of us already know that not getting enough sleep makes almost every problem worse, or at the least diminishes our ability to handle stressors. Maybe you also know that research reveals lack of sleep, on a regular basis, may have long term health consequences including serious chronic medical conditions such as diabetes, high blood pressure and heart disease. In fact, less than 6 hours of sleep can have serious health consequences. Sleep is an essential component of wellness, and there are many factors that influence sleep and sleep patterns.

March is the National Sleep Foundation's annual "Sleep Awareness Week." This campaign celebrates the benefits of sleep. This is an opportunity to stop and think about your sleep habits, consider how much they impact your well-being, and take a step toward improving them.

If you are having significant trouble falling asleep, or staying asleep please come in to talk with one of us. To make an appointment please email us at NYMC_STUDENTWELLNESS@listserv.touro.edu



You can refer to the following links for more information on sleep and sleep disorders:

- [Why We Sleep: Unlocking the Power of Sleep and Dreams Paperback](#) by Matthew Walker PhD (Author)
- [Advice for a med student's must-have—a sound night's sleep](#) – American Medical Association (AMA)
- [Continuing Medical Education](#) – National Sleep Foundation
- [Fun Facts](#) – Centre for Clinical Intervention (CCI)
- [Sleep and Disease Risk](#) - Healthy Sleep
- [Healthy Sleep Tips](#) – National Sleep Foundation
- [How Sleep Effects the Brain](#) – Sleep.org
- [Insomnia and Your Thinking](#)
- [Sleep vs. Lifestyle](#) – Sleep.org
- [3 Signs Your Mood May be Affecting Your Sleep](#) – National Sleep Foundation
- [Strategies for Getting Enough Sleep](#) – National Institute of Health (NIH)