

Thank you for joining us!

The session will start at  
12 PM.

# Sleep Matters: Understanding and Supporting Healthy Sleep in Students

## Welcome!

- This session is being recorded and will be shared after!
- Your microphone has been muted. Please use the chat or unmute to ask questions!
- Make sure your first and last name are visible on your Zoom screen.

# Project Disclosure Statement

- We have no relevant financial relationships with the manufacturers of any commercial products and/or provider of commercial services discussed in this continuing education activity.
- We do not intend to discuss an unapproved/investigative use of a commercial product/device in our presentation.

# Mitigating Potential Bias

- The session information and general recommendations are based on current evidence and best practices within the field.

# After the Session



- Slides, recording, and certificates of attendance will be sent to you as soon as they are processed
- If you have questions that didn't get answered during the session, send them to [telehealthrocks@kumc.edu](mailto:telehealthrocks@kumc.edu)

# Presenter

**Stephanie Punt, PhD**

**Health Psychologist & Attending Neuropsychologist**

**University of California, Los Angeles**

# Understanding and Supporting Healthy Sleep in Students

Stephanie Punt, PhD



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# Poll Time

## Myth or Fact?

- Your brain shuts down when you're sleeping
- One bad night of sleep means you're sleep deprived
- Teens just like to sleep in
- A nap will always ruin your sleep
- Sleep changes as we age

# Word Cloud

What one or two words come to mind when you think about sleep?

# Sleep changes across the lifespan

## Infants



- ☑ ↑ 6–7 naps in REM and non-REM:
- 🕒 More total sleep

## Children



- 🕒 Fewer naps
- 🕒 More deep slow-wave sleep

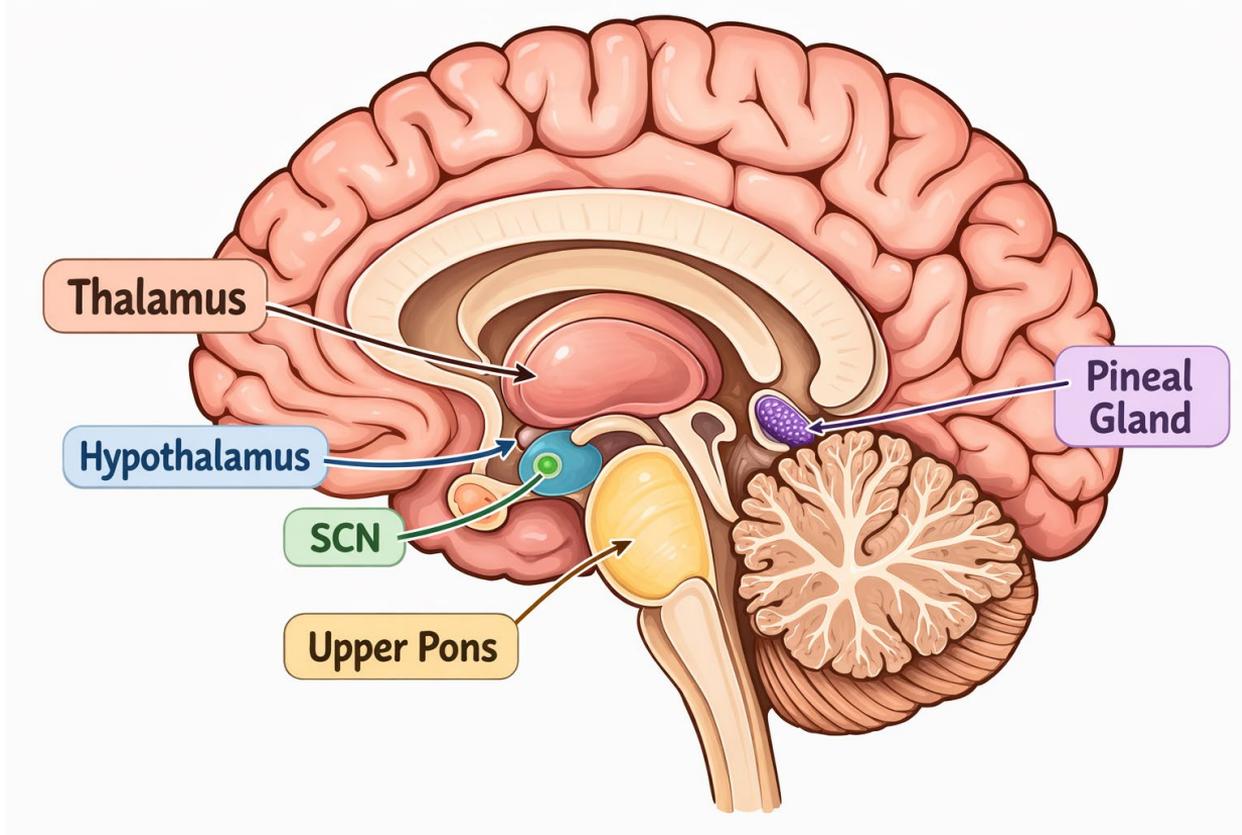
## Adolescents



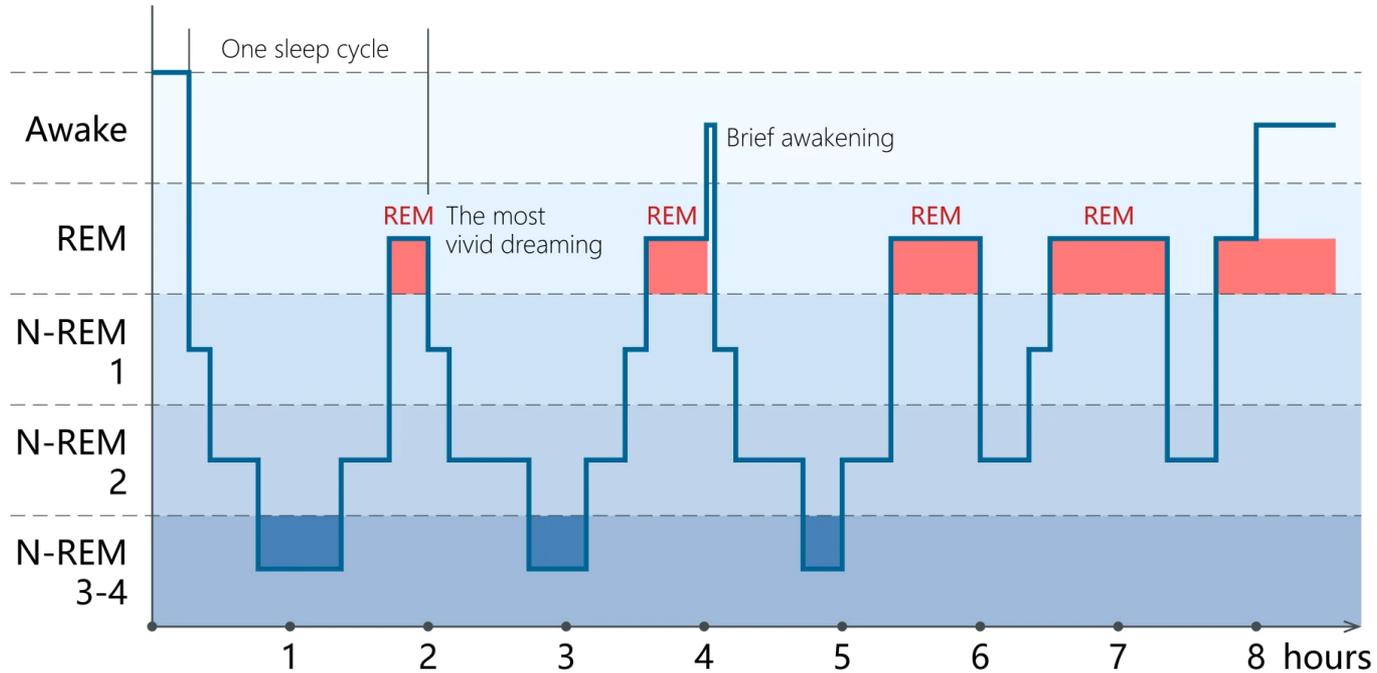
- 🕒 Delayed sleep pattern
- 🕒 Less deep slow-wave sleep

## Adults

- Less deep sleep compared to childhood
- Sleep cycles last approximately 90 minutes



# Sleep cycles



<https://www.simplypsychology.org/sleep-stages.html>

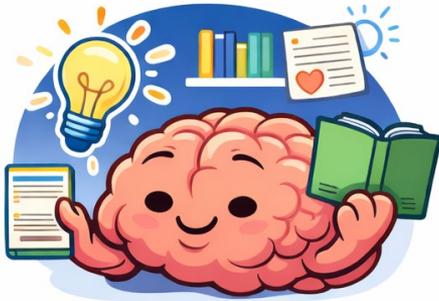
# Why sleep is critical for brain development?



Brain Development

- Supports synaptic pruning and strengthening during childhood and adolescence.
- Promotes myelination, improving communication between brain regions.
- Helps regulate growth hormone release important for neural and physical development.
- Strengthens development of the prefrontal cortex (planning, impulse control, decision making).
- Glymphatic system (removes waste).
- Immune and metabolic regulation.

# Why sleep is critical for learning and memory?



Learning & Memory

- Consolidates new information learned during the day.
- Improves attention, processing speed, and problem solving.
- REM sleep supports creative thinking and integration of knowledge.

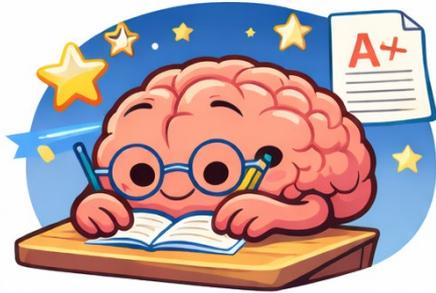
# Why sleep is critical for emotional health?



**Emotional Health**

- Regulates amygdala reactivity and emotional responses.
- Improves stress tolerance and mood regulation.
- Supports emotional learning and resilience.
- Poor sleep is linked with irritability, anxiety, depression, and behavioral problems.

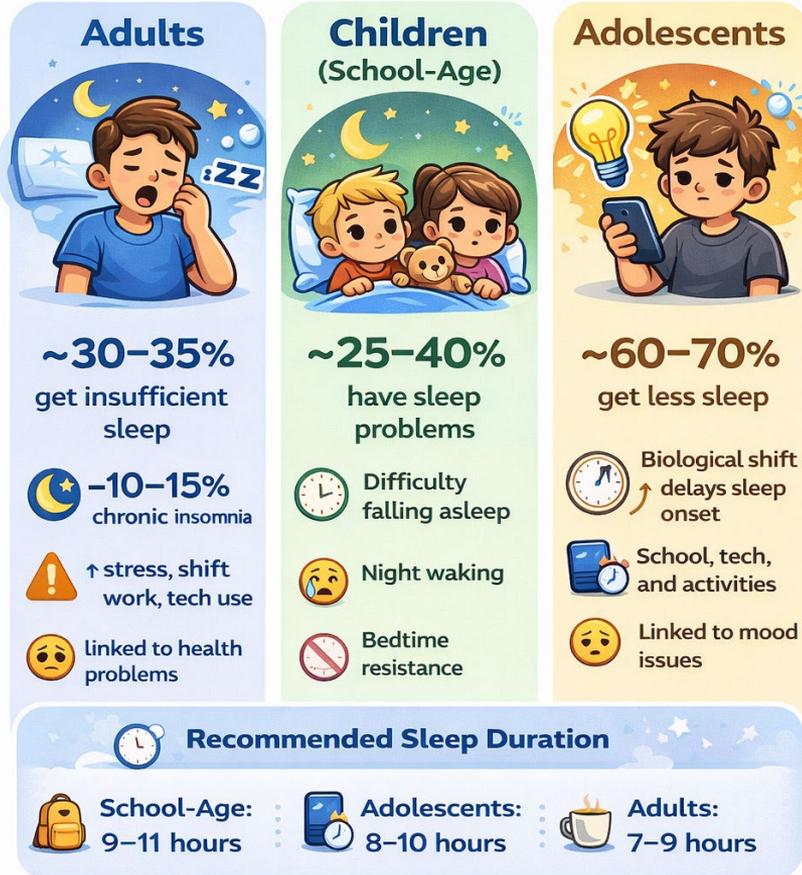
# Why sleep is critical for school performance?



**School Performance**

- Improved attention and concentration.
- Better memory retention.
- Stronger academic performance.
- Improved behavior and self-regulation.

# How Common Are Sleep Problems?

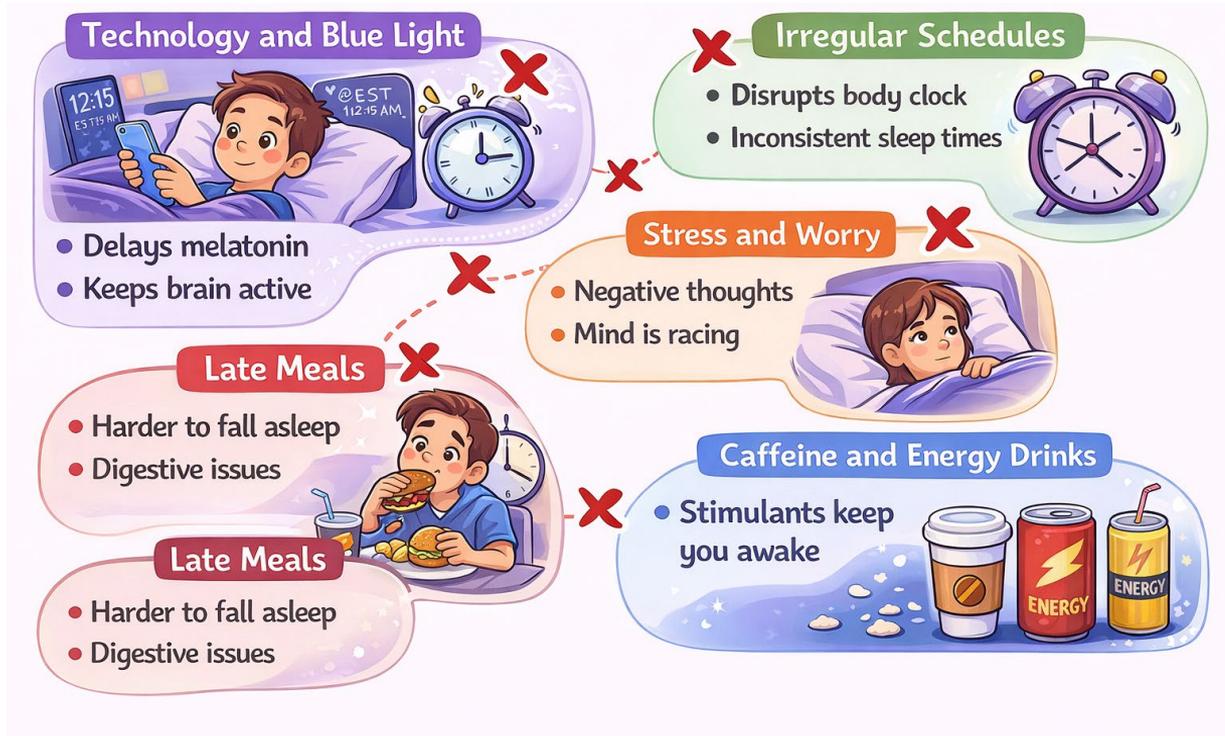


National Sleep Foundation (2015); CDC Sleep Data (2022); American Academy of Pediatrics (Owens, 2014); American Academy of Sleep Medicine (Watson et al., 2015); Wheaton et al., 2018)

# Common signs of sleep disruption in students

- Trouble focusing, easily distracted
- Forgetting assignments or instructions.
- Declines or inconsistent grades
  
- Low energy
- Frequent yawning or reliance on caffeine
- Falling asleep in class
- Tardiness or absences
  
- Irritability, mood swings
- Increased emotional reactivity

# What Can Disrupt Sleep



# Technology and Blue Light

**Blue Light Suppresses Melatonin**

Melatonin =  
The Sleep Hormone

↓

Helps You Feel  
Drowsy &  
Ready for Sleep

Blue Light Blocks  
Melatonin Production

Blue Light  
from Screens

- Makes It Harder to Fall Asleep
- Disrupts Your Sleep

**Avoid Screens Before Bed**

Turn Off Devices 30-60 Minutes Before Sleep

# Behavioral Strategies for Better Sleep

- Consistent bedtime
- Predictable routines
- “Wind down” time
- Limit screens before bed
- Limit social media
- Comfortable sleep environment
- Scheduling a “worry time” if helpful
- Day-time physical activity
- Gratitude

# Example School-Night Sleep Plan

7:30 pm – Finish homework / activities

8:00 pm – Dim lights, begin wind-down

8:30 pm – Screens off

8:30–9:00 pm – Calm activity (reading, shower)

9:00 pm – Bedtime routine

9:15 pm – Lights out

# Poll: What's one behavioral strategy you're going to try?

- Consistent bedtime
- Predictable routines
- “Wind down” time
- Limit screens before bed
- Limit social media
- Comfortable sleep environment
- Scheduling a “worry time” if helpful
- Gratitude

# Key Takeaways

- 1 Sleep is foundational for learning, behavior, and mental health
- 2 Many of us aren't getting enough sleep or feel rested
- 3 There are behaviors that we can use to improve sleep

# Resources

## **PBS Videos:**

<https://www.pbs.org/video/sleep-when-do-you-sleep-igjgvo/>

<https://www.pbs.org/video/sleep-efr2ig/>

<https://www.pbs.org/video/how-sleep-helps-children-learn-and-remember-new-words-i2txfc/>

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# Questions?

# Upcoming Training

*WORKSHOP*  
**THE SCIENCE OF HOPE AS A FRAMEWORK FOR  
ACTION WORKSHOP**

**Dates**  
April 7 | 9:00–11:30 AM CST  
May 6 | 12–2:30 PM CST

 **April Registration**  
Scan the QR code! ←

 **May Registration**  
Scan the QR code! ←

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# Thank you for attending!

- **Resources:** Slides and materials will be sent to your email. They'll also be on the Telehealth ROCKS website.
- **Questions:** Contact us at [telehealthrocks@kumc.edu](mailto:telehealthrocks@kumc.edu)

**WEBINAR**  
**SLEEP MATTERS:**  
**UNDERSTANDING AND**  
**SUPPORTING HEALTHY SLEEP**  
**IN STUDENTS**

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