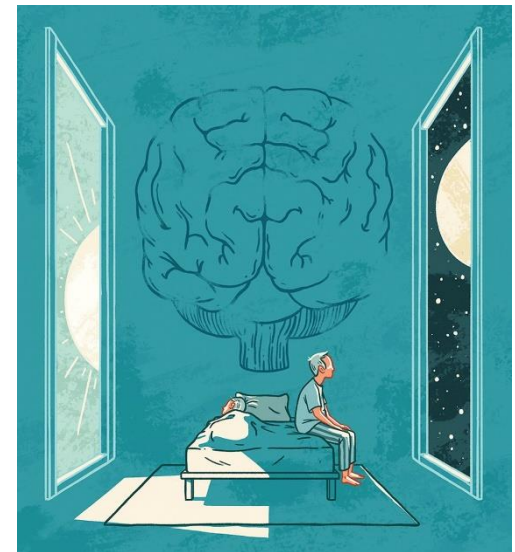


Each sleepless night is a silent accomplice to Alzheimer's.

**DON'T LET LACK OF SLEEP
ROB YOU OF YOUR
MEMORIES.**

Insufficient Sleep & Alzheimer's

- “One study suggests sleep deprivation could increase your dementia risk by 20%” (Comprehensive Sleep Care Center).
- “Findings show that brain activity induced by poor sleep may influence Alzheimer's-related brain changes, which begin years before memory loss and other disease symptoms appear” (Comprehensive Sleep Care Center).
- “Poor sleep contributes to abnormal levels of beta-amyloid protein in the brain, which in turn leads to the amyloid plaques found in the Alzheimer's brain” (Comprehensive Sleep Care Center).



Sleep Researcher's Concerns (Dr. Broussard, Director of the Sleep & Metabolism Lab at CSU)

- If you don't get enough sleep or sleep at the wrong time of day, all body systems are impacted negatively (Dr. Broussard).
- Dr. Broussard stated that her lab has measured a lot of markers of neuroinflammation and degeneration that have been shown to increase in Alzheimer's and have also been shown to increase in the blood when people are sleep deprived even if just for a couple days.
- There's a biological circadian shift in this age group (18-24) that happens naturally that can cause your body to stay up later and wake up later (Dr. Broussard).

PRACTICAL TIPS

FOR SLEEP

Practical Tips for Engineering
Students, from Dr. Broussard's
Book: *Sleep Well*

5. **Maintain a Consistent Sleep Schedule** (Go to bed and wake up at the same time EVERYDAY, helps to regulate your body's internal clock)
6. **Create a Relaxing Bedtime Routine** (Mindful meditation, gentle stretching, reading, journaling, warm bath, aromatherapy)
7. **Optimize Your Sleep Environment** (Darkness, quiet, comfort, temperature, clutter-free, technology-free zone)
8. **Limit Exposure to Screens** (Establish a screen curfew, create a digital detox routine, use blue light filters, use a physical alarm clock, create a sleep-friendly playlist)
9. **Watch Your Diet & Caffeine Intake** (Avoid heavy meals before bed, stay hydrated, watch your alcohol consumption)
1. **Exercise Regularly** (Prioritize consistency, pay attention to timing, moderation is key)
2. **Manage Stress** (Practice relaxation techniques, establish boundaries, seek social support, practice gratitude)
3. **Limit Naps** (Keep naps short, time your naps wisely, listen to your body)
4. **Expose Yourself to Natural Light** (Start your day with sunlight, not screen light, take regular sun breaks, limit artificial light exposure at night)
10. **Seek Professional Help if Needed** (Signs & Symptoms that may need a professional evaluation: persistent sleep problems, suspected sleep disorder, daytime symptoms, risk factors)

