
Suggestions for Stress Reduction Via Sleep Improvements

For Harvard University Administration, Faculty, and Students

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FOR ADMINISTRATION

Change the blinds in dormitories and pilot a new system in Adams

- Sleep quality is more important than sleep quantity [1]
- Too much light streaming in is one of the top 5 causes of sleep disturbances [2]

FOR FACULTY

Make deadlines earlier in the night to encourage earlier bedtimes

- Use of devices (i.e. computers) at night is associated with lack of sleep [3]
- Less sleep equates to more stress in college age students [4]

FOR STUDENTS

Educate students on the importance of reducing screen time

- >8 hrs sleep recommended by American Academy of Sleep Medicine [5]
- ↓ screen time at night = earlier sleep onset = increased sleep duration = improved sleep quality [5], [6]
- Improved sleep quality = ↓ daytime sleepiness, general tiredness, and insomnia [5], [6]

References:

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