

Tips for Getting a Good Night's Sleep in the Dorm

Loss of sleep is a major concern for many college students, expert offers advice

The Ohio State University Wexner Medical Center

Produced by: MediaSource www.mediasourcetv.com	To download broadcast-quality video and other multimedia elements: http://bit.ly/2a8xcOV
Package Length: 1:40	Content provided by: The Ohio State University Wexner Medical Center

NEWS PACKAGE

SUGGESTED TEASE	STILL TO COME, IT'S ONE OF THE HARDEST LESSONS TO LEARN WHEN HEADING OFF TO COLLEGE.
	HOW DORM LIFE CAN DESTROY GOOD SLEEP HABITS, AND WHAT YOU CAN DO TO PREVENT IT. NEXT IN HEALTH NEWS.
ANCHOR LEAD	THIS FALL MORE THAN <u>20-MILLION</u> ¹ YOUNG PEOPLE WILL HEAD OFF TO COLLEGE - MANY FOR THE FIRST TIME.
	AND ONE OF THE FIRST LESSONS STUDENTS LEARN WHEN THEY ARRIVE ON CAMPUS IS THAT SLEEP CAN BE HARD TO COME BY.
	DORMS CAN BE HOT, NOISY AND UNCOMFORTABLE, WHICH CAN ROB STUDENTS OF SLEEP AND COST THEM IN THE CLASSROOM.
	SO, HERE TO OFFER A CRASH COURSE ON GETTING A GOOD NIGHT'S SLEEP IN THE DORM IS CLARK POWELL.
(PACKAGE START) -----	-----
	(Nats - Opening door to dorm room) :02
CG: Courtesy: The Ohio State University Wexner Medical Center	ASHLEE CHADWICK KNEW COMING INTO COLLEGE THAT THE COURSES WOULD BE CHALLENGING AND HER SCHEDULE WOULD BE HECTIC.
Shots of Ashlee going into dorm	WHAT SHE DIDN'T ANTICIPATE WAS HOW MUCH SHE WOULD HAVE TO ACCOMPLISH WITH SO LITTLE SLEEP. :09
Shots of Ashlee reading at night	
CG: Ashlee Chadwick College sophomore	<i>"I definitely pulled a few all-nighters before some midterms and the days leading up to a midterm because you're so busy and then the test comes, and you'd rather get a good grade on that test than a good night's sleep the night before." :11</i>
Shots of Ashlee studying	THAT'S NOT UNCOMMON. IT'S ESTIMATED THAT 70 PERCENT OF COLLEGE <u>STUDENTS</u> ² ARE SLEEP DEPRIVED, WHICH HAS A WIDE RANGE OF EFFECTS. :07

Producers & Reporters: To download scripts, video and photos go to:

<http://www.multimedianeewsroom.tv>

<p>CG: Aneesa Das, MD Ohio State Wexner Medical Center</p> <p>Shots of Dr. Das with patient</p> <p>Shots of patient exam</p> <p>Wide shot of dorm room / CG: -Infections -Diabetes -High Blood Pressure</p> <p>Move camera to window or light switch</p>	<p><i>“Number one, it can affect how we perform in school, number two it can affect our immunity.” :06</i></p> <p>DOCTOR ANEESA DAS (uh-NEE-suh DOSS) IS A SLEEP EXPERT AT THE OHIO STATE UNIVERSITY WEXNER MEDICAL CENTER - WHO OFTEN MEETS STUDENTS TO OFFER TIPS FOR GETTING A GOOD NIGHT’S REST.</p> <p>SHE SAYS LACK OF SLEEP MAKES STUDENTS MORE VULNERABLE TO EVERYTHING FROM INFECTIONS TO DIABETES TO HIGH BLOOD PRESSURE.</p> <p>SO GETTING A GOOD NIGHT’S SLEEP SHOULD BE THE FIRST LESSON YOU LEARN IN COLLEGE. AND IT STARTS WITH CONTROLLING LIGHT. :16</p>
<p>CG: Dr. Das (CG’d earlier)</p> <p>Wide shot - move camera to tablet/ phone /TV/computer</p>	<p><i>“We want that room cool, dark and quiet. And then when we wake up in the morning, when we have to shift our clock forward, try to get really bright light as soon as you wake up.” :08</i></p> <p>THE ONE TYPE OF LIGHT YOU WANT TO AVOID AT NIGHT IS FROM ELECTRONICS. TURN ALL SCREENS OFF 30 MINUTES BEFORE BED - AND NEVER FALL ASLEEP WITH A TV OR COMPUTER ON. :09</p>
<p>CG: Dr. Das (CG’d earlier)</p> <p>Wide shot - move camera to pills and coffee pot</p> <p>Move camera to earplugs then to shower caddy</p>	<p><i>“That’s actually one of the worst things you can do because that blue light that is emitted affects our ability to fall asleep.” :06</i></p> <p>AVOID RELYING ON PILLS THAT HELP YOU SLEEP AND COFFEE TO HELP YOU STAY AWAKE - BOTH CAN MASK SLEEP PROBLEMS.</p> <p>IF IT’S TOO LOUD, KEEP EARPLUGS NEARBY AND IF IT’S TOO HOT, TAKE A SHOWER - BUT <u>NOT</u> A COLD ONE. :11</p>
<p>CG: Dr. Das (CG’d earlier)</p> <p>Wide shot of Ashlee studying in the dark</p> <p>Turning out light / going to bed</p>	<p><i>“Actually taking a warm shower, as much as you can tolerate, 2 two hours before bedtime so that as the body naturally cools down it induces sleep.” : 10</i></p> <p>LASTLY, AVOID ALL-NIGHTERS AT ALL COSTS - BECAUSE ONCE YOU LOSE SLEEP, YOU NEVER GET IT BACK.</p> <p>AT OHIO STATE WEXNER MEDICAL CENTER, THIS IS CLARK POWELL REPORTING. :08</p>
<p>(PACKAGE END) -----</p> <p>ANCHOR TAG</p>	<hr/> <p>EXERCISING CAN ALSO HELP YOU SLEEP BETTER AT NIGHT, BUT DOCTOR DAS SAYS YOU WANT TO WORK OUT IN THE <i>AFTERNOON</i></p>

Producers & Reporters: To download scripts, video and photos go to:

<http://www.multimedianeewsroom.tv>

INSTEAD OF AT NIGHT.
EXERCISING TOO CLOSE TO BEDTIME CAN ACTUALLY MAKE IT HARDER FOR YOU TO FALL ASLEEP.

SOCIAL MEDIA

 **Share it! Suggested tweet:**

Experts [@OSUWexMed](#) offer a crash course on getting good night's sleep in the dorm: bit.ly/2a8xcOV

 **Suggested post:**

One of the first lessons students learn at college is that sleep can be hard to come by. Dorms can be noisy, hot and uncomfortable, and losing sleep can not only affect a student's grades but their health, as well. Experts at [The Ohio State University Wexner Medical Center](#) offer tips to help students get a good night's sleep in the dorm: bit.ly/2a8xcOV

EXTRA BITES

CG: Aneesa Das, MD
Ohio State Wexner Medical Center

Dr. Das talks about dorm life and scheduling challenges - "When freshmen go to college, going to the dorms for the first time, it's often the first time they are in charge of their own schedule and no one's there to tell them what to do."

Dr. Das says learning to sleep around others can be tough - "At home many of us have our own bedroom or we share with a sibling where we've established the rules of the bedroom. Once we get to a dorm we might be sharing our room with up to three or four people."

Dr. Das says to avoid taking sleep aids & focus on routines - "Taking something external is usually being done because we aren't creating the best sleep habits. So the recommendations are to create an environment that's conducive to sleep."

Dr. Das suggests avoiding stimulants to stay awake - "If you're in a crunch and you need it, that's one thing, but using it regularly, one: causes dependence, and two: isn't really fixing the problem because all it's doing is masking the effects of the sleep deprivation."

CG: Ashlee Chadwick
College sophomore

Ashlee talks about the challenges of adjusting to dorm sleep - "It's kind of hard getting used to all of those noises and then the noises of people right next door because the walls aren't the very thickest, and then I lived right next to the stairwell. So it was just kind of like those everyday noises and then the noises of my roommate,

Producers & Reporters: To download scripts, video and photos go to:

<http://www.multimedianewsroom.tv>

you know, shifting in the bed above me.”

*Ashlee talks about getting used to college life -
“I was just like trying to get used to the schedule and
everything in college and the changes from living where
you were before to now in the dorms and on campus.
And then, balancing your social life with your academic
life and everything you had to do now that you were
independent.”*

References

¹*Enrollment in elementary, secondary, and degree-granting postsecondary institutions, by level and control of institution, enrollment level, and attendance status and sex of student: Selected years, fall 1990 through fall 2024. National Center for Education Statistics, 2016.* Online: http://nces.ed.gov/programs/digest/d14/tables/dt14_105.20.asp?current=yes

²*Causes and consequences of sleepiness among college students, Nature and Science of Sleep, June 2014.* Online: <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4075951/>

For viewer information on this story contact:

The Ohio State University Wexner Medical Center: 1-800-293-5123
Log onto <http://wexnermedical.osu.edu> - click on “Media Room”

Produced by:

MEDIA  SOURCE

1800 West 5th Ave.
Columbus, Ohio 43212
Phone: (614) 932-9950 Fax: (614) 932-9920
www.mediasourcetv.com

**Video content provided by: The Ohio State University Wexner Medical Center
Media Relations Department: (614) 293-3737**

Producers & Reporters: To download scripts, video and photos go to:

<http://www.multimedianeewsroom.tv>