

Sleep and Academic Success Transcript

Chapman Learning Commons



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All content is for general informational and educational purposes only and is not a substitute for professional advice. Please consult with your health care provider before making any health-related decisions.

Introduction

In order to perform well in university and achieve milestones in life, it is important to take care of your wellness. Wellness is a complex term, and it covers more than just the absence of illness. Like many before us, we will attempt to explore wellness through the wellness wheel. This model describes interconnected dimensions that contribute to an individual's well-being. The seven basic dimensions of wellness that are discussed in most versions are: spiritual, social, occupational, environmental, intellectual, emotional and physical.

According to the BC Atlas of Wellness, "physical wellness is the active and continuous effort to maintain the optimum level of physical activity and focus on nutrition, and includes self-care and healthy lifestyle choices" (Foster et al., 2011). In this toolkit, we are going to focus on sleep, which falls under the physical dimension. Sleep is important, especially for academic success. Many studies have found that students who have adequate, quality sleep perform significantly better than those who are sleep-deprived (Kelly et al., 2001).

To help us understand the importance of our wellness, and specifically our sleep with respect to academics, we reached out to two experts for their advice on how we can improve our wellness and academic success by improving our sleep.

Claire

Our first guest is Claire. Claire is a recent graduate of the UBC Faculty of Arts and will be starting her Masters Degree in Occupational Therapy in Fall 2021 at the University of Toronto. She currently works as a Wellness Centre Navigator, providing health and wellness resource navigation to students, faculty, and staff affiliated with the UBC Community. She has also served as both a peer support volunteer for the AMS and a crisis responder for Kids Help Phone's Crisis Text Line. Throughout these roles, she has chatted with students and young adults regarding the importance of sleep in relation to wellbeing.

Jin

Our second guest is Jin. Jin is currently a 2nd year PhD student in the Health Psychology program under the supervision of Dr. Nancy Sin in the UPLIFT Health Lab. Jin's research interest is how sleep and stress interact to affect our daily mental and physical health. Since arriving at UBC, he has published a number of articles examining how sleep affects the emotions we feel the next

day. Jin has also given a number of presentations on improving sleep hygiene, such as at UBC Thrive week. His current research seeks to examine how daily stress and emotions impact our sleep that same night.

Watch our interviews, where Claire and Jin answer our questions about wellness, sleep and academic success in the following two videos in this playlist.