



AN AFFILIATE OF HOSPITAL SISTERS HEALTH SYSTEM

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ST. JOHN'S SLEEP CENTER REMINDS COLLEGE STUDENTS ABOUT THE IMPORTANCE OF PROPER SLEEP

SPRINGFIELD – As a new academic school year begins, St. John's Sleep Center reminds college students and their parents about the importance of proper sleep. Studies at Harvard University have found college students to be one of the most sleep-deprived segments of our population. Poor sleep is now thought to have a significant impact on memory and learning, and college students are especially likely to forego sleep in favor of all-night "cram" studying and social activities.

According to Jerry Reedy, MD, medical director of St. John's Sleep Center, how much sleep is required varies from person to person based on age, health, and other factors. "It is currently believed that 'core' sleep needed to maintain stable waking neurobehavioral functions in healthy adults is 7-8 hours per night," said Dr. Reedy. "Less puts a person at risk for consequences of sleep deprivation, which can affect the brain's ability to take in and recall information – an essential skill for successful college students."

Dr. Reedy advises the average adult needs between seven and eight hours of sleep each night, but says there are many reasons why people don't. "Some sleep deprivation is the result of personal choice, but for other people there are physical inhibitors to falling and staying asleep," he said.

Besides the possible negative cognitive effects of chronic sleep deprivation, proper sleep is also a public issue. "Lack of sleep is being recognized as a public health problem," added Dr. Reedy. "The most immediate concern is public safety. While total sleep deprivation (not sleeping at all for 24 hours or more) is a hazard, even partial sleep deprivation is dangerous."

St. John's Sleep Center can help diagnose and treat several common sleep disorders, including:

- obstructive sleep apnea
- periodic limb movements of sleep
- nocturnal seizures
- narcolepsy
- other sleep disturbances

For more information on St. John's Sleep Center and how we can help students, adults and children with sleep disorders visit www.st-johns.org/services or call (217) 757-6ZZZ (6999). The St. John's Sleep Center is located in the St. John's Health Center – South 6th Street (1100 East Lincolnshire Boulevard, Springfield).

ABOUT HOSPITAL SISTERS HEALTH SYSTEM

Hospital Sisters Health System is a Roman Catholic health care mission founded to continue the healing ministry of Jesus Christ. Sponsored by the Hospital Sisters of St. Francis, HSHS provides state-of-the-art health care framed in traditional values taught by St. Francis and St. Clare of Assisi. It is dedicated to serving all people, including the poor and the needy, at each of its 13 Local Systems in Illinois (Belleville, Breese, Decatur, Effingham, Highland, Litchfield, Springfield and Streator) and in Wisconsin (Chippewa Falls, Eau Claire, Sheboygan and two in Green Bay). For more information about HSHS, visit www.hshs.org.

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