

BLOG

5 Effects Lack of Sleep Can Have on you



The busy lives we live today often cause us to lose sleep, but what are the effects of being sleep deprived? The negative effects of sleep deprivation are both physical and mental. Not getting enough sleep also leads to changes in our brain. Naps-to-go is a company trying to fight against sleep deprivation. Even in our busy lives, Naps-to-go proves that there is always time for naps and it's even easier when you can take them anywhere! Naps-to-go is teaming up with UCO to help students get the rest they need to do well and graduate. These five effects that lack of sleep can have on you will inspire you to purchase your Naps-to-go Nap Pod and visit the Nap Room on campus.



- **Slows your thinking**

Have you ever noticed the day after losing sleep that your body feels as though it is slow or in a haze? Well that is actually an effect of having less than enough sleep. When the brain does not get enough rest it tends to slow down, kind of like it is in battery saver mode. This also means

that we can't think as quickly as usual. Slow thinking will also have a negative effect on students, causing them to not perform as well in school. People also aren't able to perform as well at their jobs because of their slowed thinking. Getting enough sleep is important so we can perform well in our daily lives as students and workers.

2. Mood changes

Lack of sleep has lots of effects on the brain, another one being that our mood will start to change. Depression is more likely for people who do not get enough rest. Other mental health concerns such as anxiety and bpd also become a concern when the body continually does not get enough sleep. Our brains begin getting stressed out and are unable to focus during the day. Poor sleep makes people more irritable and can cause strains in relationships with other people involved in their lives. The brain and body's mood becomes very erratic during this time.

3. Risk of heart attack or disease

Not getting enough sleep also raises the risk of a heart attack or heart disease. When the body is starved from sleep the brain starts to slow down. During sleep the brain is supposed to drop blood pressure and release strain from the heart in order to help protect it from heart attacks. However, when the body is not getting enough sleep, the heart is not getting enough rest which can even sometimes lead to fatal results. It is important to get enough sleep so our heart can function in a healthy manner.

4. Impairs judgment/causes risky behavior

When the body is starved of sleep that results in the brain starting to conjure up some risky thoughts and ideas. We do not have the energy to make good judgement without good sleep. The risk of accidents is a lot higher because of this impaired judgement. The brain also keeps our motor skills and functions in line so when we don't get enough sleep, we cannot perform as many motor functions either. The phrase "sleep on it" rings very true. Getting the right amount of sleep helps us to come to the best conclusions on different problems and situations.

5. Memory Loss

Losing sleep also plays a big role in losing memory. When the body is resting, the brain forms connections that help process and obtain new information. When we do not get enough sleep, the brain does not have time to make these connections. In turn, people often find they cannot remember information and their train of thought can be interrupted easily. Depending on the amount of sleep being lost and how consistent it is, losing sleep can affect both short-term and long-term memory.



Make napping a priority

There are lots of different effects lack of sleep can have on our body and minds. From how our brains work to physical health risks it is important to get enough sleep. Naps-to-go is a company trying to help prevent unhealthy sleep habits. Naps are very beneficial for those with busy schedules but what happens if there isn't time to go home for a nap? Luckily, Naps-to-go opened their first nap room at UCO which is open to all students and faculty. The goal for Naps-to-go is to open nap rooms on campuses nationwide. There is hope that nap rooms will also be brought into workplaces other than on college campuses. In the meantime, the Naps-to-go bundle which includes a blanket, pillow, and eye mask can be purchased online at www.napstogo.com. Nap pods are also available for sale on the website. Together we can fight sleep loss one nap at a time.



News Feature

Naps To Go Announces Partnership with UCO

You're sitting in class, listening to the most important lecture before finals. You can feel your eyes drooping and your head falling in your hands as you desperately try to stay awake. If only you could've taken a nap before class so you could be more awake.

Sleep deprivation is currently an epidemic among teens and college students. They simply aren't getting enough sleep. This has caused problems such as an inability to concentrate, poor grades, drowsy driving, anxiety, depression, and thoughts of suicide amongst a myriad of students.

While the sleep deprivation epidemic seems impossible to solve, it's not. Taking power naps, anywhere from 15 minutes to one hour, have been proven to help enhance information retention and alertness, reduce fatigue, improve performance, and improve mood.

Enter Naps-To-Go. Naps-To-Go is the premiere online-only company selling Nap Pods. Until recently, they sold pods only to clients in the corporate world in addition to selling separate merchandise including blankets, pillows, and eye masks just to name a few. However the company announced they are taking their first steps into the College world.

How are they doing this, you may ask? Well, they are partnering with UCO, a regional university in Oklahoma, their first partnership of this kind. The deal is to sponsor 8 Nap-Pods for UCO for free for students to use in between classes.

In addition to providing Nap-Pods to UCO for a special "Nap Room" on campus, they are also providing a student discount to any and all college students across the country. The hope is that this partnership will spawn new partnerships and business opportunities with universities not just around the country, but around the world.

After all, Naps-To-Go aims to provide quality naps for every customer and make every space a napping space. Their new college initiative is the next step on their path to do just that.

TPMS Publicity

Sarah Hamilton

100 N. University Dr.

580-370-5723

Edmond, OK 73034

shamilton20@uco.edu

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Naps-To-Go Announces Partnership with UCO as They Expand to the College World

Naps-To-Go is officially expanding to the college world by partnering with the University of Central Oklahoma.

Naps are proven to help enhance information, retention, and alertness. Regular napping also can lower stress levels and help prevent unhealthy weight gain.

With the college workload being demanding and difficult, and more students than ever before working while going to school, naps are even more important for students.

Naps-To-Go already has partnerships with corporate conglomerates such as Google and Apple, but expanding to the college level is the next step in the company's push to better sleep for all.

"Our hope is that everyone, be it corporate, employees, or students can have access to quality naps to ensure high performance in everything they do," said Steve Rogers, CEO of Naps-To-Go. "We strive to provide the best experience possible for every customer".

Naps-To-Go also launched the new Naps-To-Go Bundle with exclusive company branded blankets, pillows and sleep masks. These items will be discounted to all college students across the country and will be free for UCO students as a part of the new partnership.

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580-370-5723

shamilton20@uco.edu