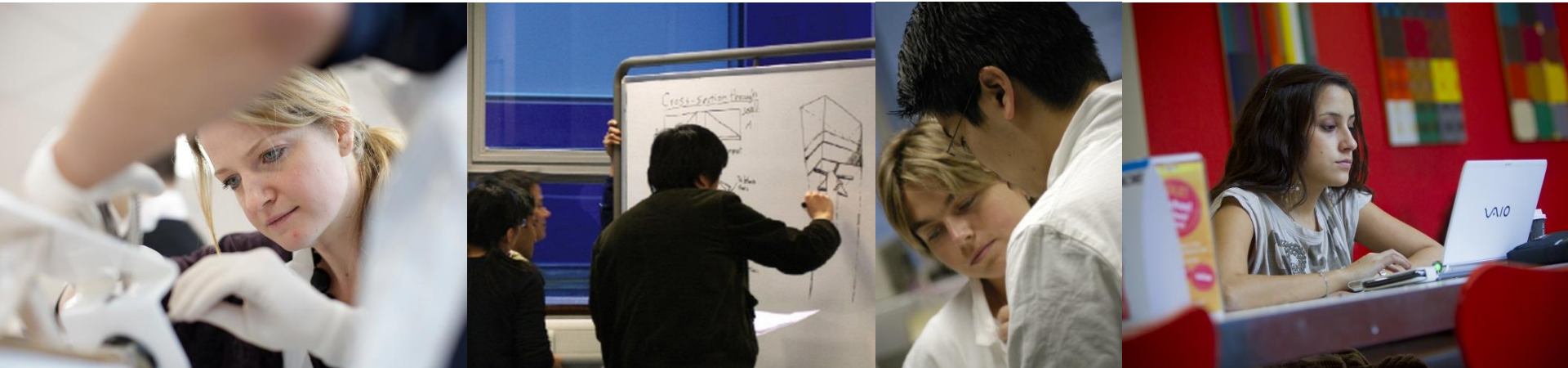


# Health & well being: Future

Professor Debra Humphris, Vice Provost (Education)



## Health & well being: future

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Imperial College London Strategy 2015-2020

### **A supportive inclusive and highly motivated staff community...**

*'We will be mindful of the need to promote good mental health and a healthy work-life balance'*

### **We will enrich the student experience**

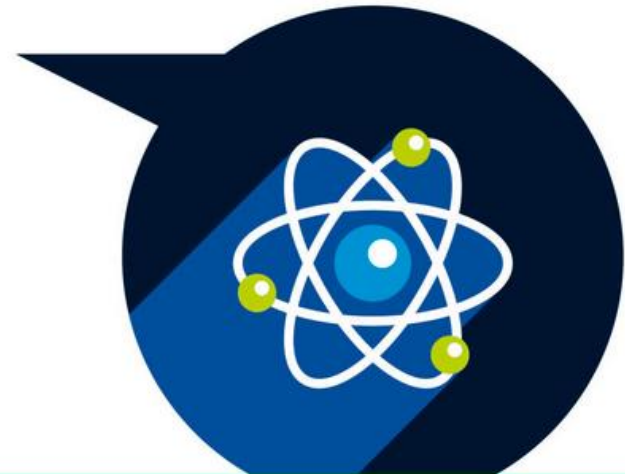
*'We will prioritise the mental health & well being of the student body, recognising this as both a moral imperative and a prerequisite of academic success.'*

## Health & well being: From the start

Advice on health & well being across the life course of a student

Success Guide

**Imperial**  
**SUCCESS**  
**GUIDE**



Attain academic excellence at Imperial

# Health & well being: From the start

## Advice on health & well being from the outset: permissive environment

### Success Guide

Getting started | Effective study | Assessments & feedback | **Wellbeing** | Workshops & support

#### Wellbeing

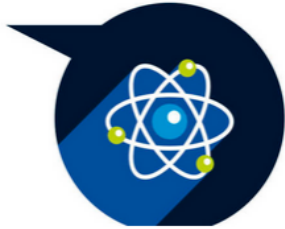
Setting personal goals

Time management

Physical activity

Nutrition

**Sleep**



#### See also:

Time management

What kind of learner are you?

Physical activity

Home / Current students / Success Guide / Wellbeing / Sleep

## Sleep

When exams are approaching, it may be tempting to spend all night revising instead of sleeping – DON'T!

Scientists have shown that sleep deprivation leads to a reduced ability to deal with stress, and new theories suggest that sleep plays an important role in consolidating memory.

### Effects of sleep deprivation

- Reduced productivity, creativity, problem solving and ability to make decisions
- Low mood, and impact on relationships
- Weight gain - eating more sugar and salt to boost energy leads to weight gain
- An impaired immune system and increased susceptibility to illness

Sleep deprivation causes a reduction in reaction time and coordination similar to alcohol. You wouldn't sit your exams while drunk, so don't do them when deprived of sleep either!

### Are you sleep deprived?

We spend up to a third of our lives asleep. Most people need between seven and a half to nine hours of sleep per night (the exact amount is different for everyone). If you sleep in at weekends, or wake up in the week feeling unrefreshed you may be sleep deprived. All of us can function even when we are tired, but over time chronic sleep deprivation can affect our health and our mind.



Facts about sleep



## Health & well being: future

College and Imperial College Union emphasis on well being

Sport Imperial – Excise and activity, not just sport, free gym and swim  
Play, do or compete

**Go Fit** – staff and student teams – a laboratory for  
understanding attitudes and behaviours

Taste Imperial – Fuel – the food we provide

Staff Survey - Every 3 years – action plan for staff well being

Data rich



## Health & well being: future

2014 Comprehensive review of student Health & Well Being

2015 Strategic commitment and additional resource

Master planning looking at design of learning spaces

Big data

**On going issue** – alcohol and health

