SLEEP RESOURCES

At NYU

Health Promotion Office
212-443-1234
726 Broadway, 3rd Floor Suite 344
Email: health.promotion@nyu.edu
www.nyu.edu/health/promotion

Counseling & Wellness Services
212-998-4780
726 Broadway, 4th Floor
www.nyu.edu/health/counseling

Wellness Exchange
212-443-9999
Mental health professionals are available to talk 24/7. Visit the website for information and resources on how to get help for yourself or a friend.
www.nyu.edu/999

Relaxation Oasis
Free downloads for guided relaxation exercises, yoga pose references, and information on mindfulness resources.
www.nyu.edu/counseling

In NYC

Columbia University Sleep Disorder Center
212-305-0142
710 West 168th Street
www.columbiasleep.org

Sleep Disorders Institute
212-994-5100
423 West 55th Street, 4th Floor
www.sleepny.com

Sleep Medicine Associates of NYC
212-481-1818
11 East 26th Street, 13th Floor
www.sleepmedicinenyc.com

Sleep Terms

Apnea: Literally means “no breath,” the cessation of airflow at the nostrils and mouth for at least 10 seconds.

Arousal Disorder: Parasomnia disorder presumed to be due to abnormal arousal function. Classical disorders include, sleepwalking and sleep terrors.

Biological Clock: The term for the brain process that causes us to have 24-hour fluctuations in body temperature, hormone secretion, and other bodily activities such as sleep.

Circadian Rhythm: Innate, daily, fluctuation of behavioral and physiological functions, including sleep waking, generally tied to the 24 hour day-night cycle but sometimes with different periodicity.

Fatigue: Feeling of tiredness or weariness usually associated with performance decrements.

Insomnia: Complaint describing difficulty in sleeping.

Nap: Short period of planned sleep generally obtained at a time separate from the major sleep period.

Nightmare: Unpleasant and/or frightening dream occurring in REM sleep; not to be mistaken with night terrors.

Night Terrors: Also known as sleep terrors, if an individual is awakened during a night terror, he/she is usually confused and does not remember details of the event. Night terrors are different from nightmares; if an individual is awakened during a nightmare, he/she functions well and may have some recall of the nightmare.

Optimum Sleep: Average amount of sleep needed every night by an individual.

REM Sleep: Rapid eye movement sleep—characterized by the active brain waves, flitting motions of the eyes, and weakness of the muscles; most dreaming occurs in this stage, which accounts for about 20% of sleep in adults.

Other

National Sleep Awareness Roundtable
www.nsart.org

Pillow Talk
www.answers.sleepfoundation.org/