



**PARKLAND
COLLEGE**

STUDENT health101™

ACTIVELY PROMOTING CAMPUS HEALTH AND WELLNESS

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Vitamin Z! Proper Sleep Can Supercharge Your Grades & Your Life

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STUDENT VIEWS



SCROLL over to see Chris Strobel at the University of Missouri-Columbia share his sleep advice.



functional? No, some of us need more, and some of us need less.

"Just like shoe size, optimal sleep varies from person to person," Dr. Teitelbaum says. "The bottom line is 'How do you feel?' If you feel great, that is your body's way of saying that what you are doing is working, and ignore what anyone else says."

According to Dr. Teitelbaum, 100 years ago, the average night's sleep in the U.S. was nine hours per night. Now, we are down to about 6.75 hours a night and have become what he calls a "sleep-deprived nation." 🐼

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Find Out More

CLICK HERE for info on how to fall asleep in any situation.

In November, an article in *USA Today* said that napping can even lead to improved memory.

This fall, the University of California, Davis, introduced a campaign to promote "healthy napping" after it was discovered that long naps were interfering with students' sleep schedules making it harder for them to fall asleep at night.

Michelle Johnston, the health promotion supervisor for Student Health Services at UC Davis, says her department teamed up with campus psychologists, medical providers, and

other outlets to distribute healthy napping kits, which include an eye mask, ear plugs, and napping tips.

The program even has a Facebook group titled, "All I need is a quickie...when it comes to napping!" that provides students with tips and resources for effective napping.

[CLICK HERE](#)

So, How Long is a Proper Night's Sleep Anyway?

If you are getting six to eight hours of sleep, does it really matter when you get it? Definitely.

"In college, disrupting sleep patterns becomes a social norm, but that doesn't make it healthy," says Dr. Carol Ash, the medical director of Sleep for Life, a licensed sleep lab in New Jersey and one of the largest in the U.S. "Everyone should be awake during the day and asleep at night in order to regulate their sleep-wake cycle."

But do we all need six to eight hours of sleep in order to be fully

HEALTHCAST

SCROLL over to see author Callie Schweitzer share her tips on how to fall asleep and get a good night's rest.



and other symptoms of sleep disorders worse in the long run.

He recommends using natural sleep remedies, such as magnesium, melatonin, and/or calcium, and avoiding caffeine and sugar near bedtime.

The Power of Napping When Done the Right Way

Randi Fuchs, 20, says she had trouble adjusting to college life during her freshman year at American University in Washington, D.C. She would stay up late and rely on coffee for the entire next day. "I would come home after class and crash," she says.

She was napping on a daily basis and found it was taking a huge toll on her regular sleep schedule. Fuchs says she now purposefully schedules all of her classes in the early morning, which allows her to complete her homework in the afternoon and enforces an early bedtime. She soon learned that six to eight hours of sleep is "absolutely essential" for her to be fully functioning the next day.

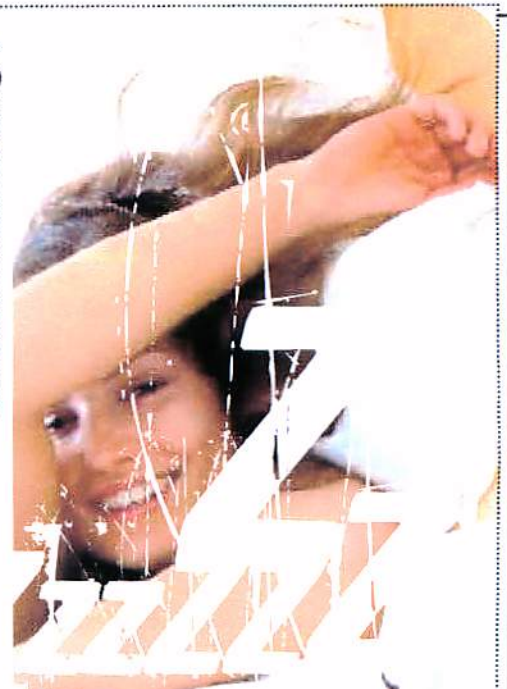
STUDENT VIEWS



SCROLL over to see Mario Guthrie at Berklee College of Music give his sleep and napping tips.

But napping done the right way can be very good for you, according to health professionals. "There is a growing amount of research that says napping can be beneficial to your health," says Dr. Atwood.

Naps are most effective (and won't affect your nocturnal sleep) if they are kept short—a good rule of thumb is 20 to 30 minutes, and taken in the early to mid-afternoon—the time of day when people naturally feel a little sleepy, according to Dr. Atwood.



Find Out More

CLICK HERE for tips on both napping and perfecting the art of falling asleep.

TELL US YOUR STORY

CLICK here to share your story.

What are some of the techniques you use to get a good night's sleep?

The Downside of Staying Up

Doctors and health professionals across the nation say a lack of sleep can be detrimental to students' lives.

"Just in terms of overall health, sleep deprivation is associated with a poorer quality of life," says Dr. Charles Atwood, a sleep medicine physician at the University of Pittsburgh Medical Center in Pennsylvania.

Research links sleep deprivation with poor grades, irritability, difficulty concentrating, unhealthy eating, weight gain—and ultimately heart disease, obesity, and diabetes.

A National College Health Assessment survey found that sleep difficulties rank as one of the top impediments to academic performance at colleges

POINT TAKEN > BY ANDREW CARRANZA



across the nation. In a recent survey of more than 800 college students conducted by *Student Health 101*, 94% of students said they have lost sleep to studying, and 81% said they have lost sleep to stress.

"Stress is a universal part of the human condition, and college students are away from home for the first time, dealing with demanding classes, new experiences, and making new friends," Dr. Atwood says. "The stress is pretty considerable."

The last thing students want to stress over is falling asleep, which is why

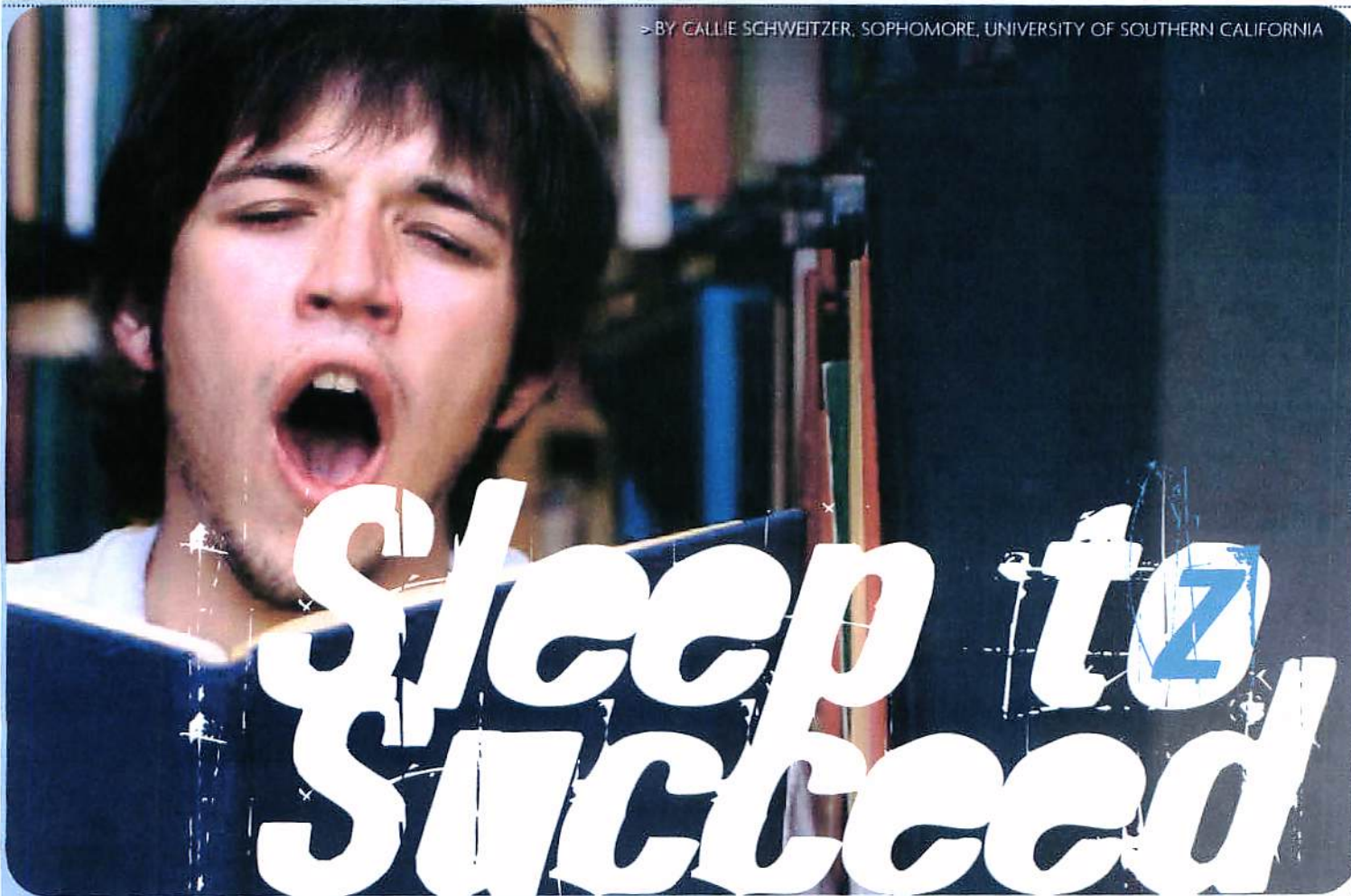
many students are relying on cold medicines and sleeping pills to help them along. Students who try to fall asleep naturally often report that they have difficulty doing so and then sleep through their alarms because they are so tired the next day. The sleep students miss at night has the potential to interfere with the next day's activities.

"Being sleep-deprived means that your ability to concentrate and focus on tasks like studying is impaired," Dr. Atwood says.

According to Dr. Jacob Teitelbaum, the medical director of the National Fibromyalgia and Fatigue Centers, "Poor sleep also causes achiness, weight gain, and immune suppression with an increased risk of getting infections."

Dr. Teitelbaum says students like Richman, turn to caffeine, sugar, and energy drinks, which help stimulate the mind initially, but make insomnia





Sleep to Succeed

You might take it for granted, but sleep can boost grades, improve health, lift your spirits, and more. But when you're in college, getting enough zzz's isn't always so easy.

Nate Richman, 21, began to regret taking six classes when finals week rolled around. Overwhelmed, pressed for time, and stressed beyond belief, Richman, a senior at Columbia University in New York City, pulled his first all-nighter. Not a fan of energy drinks, Richman relied on a two-liter bottle of Diet Coke to keep him awake overnight. After handing in his final paper at 7 a.m., he "crashed."

Over the next few days, Richman noticed that his body clock was askew, and he had trouble waking up and going to sleep at normal hours. He describes the experience as a "nightmare" and something he hopes never to relive.

Richman is not alone. College students across the country are skimping on sleep to increase the number of hours

in their day. Some are even resorting to extreme measures like relying on caffeine, abusing over-the-counter medicine, and pulling all-nighters.

STUDENT VIEWS



SCROLL over to see Matthew Daley at the College of New Jersey talk about his secrets for good sleep.

