

USE YOUR STUDENT HEALTH CENTER



ASK DR. WELLNESS

Dear Dr. Wellness,

I am worried about my sleep. It seems like every time I turn around, there is more work to do for this term, so I'm up late at night trying to get it all done. When I do finally get to bed, I often lay there for hours unable to sleep. Does this mean I'll have insomnia for the rest of my life? What is a normal amount of time to sleep? And do those over-the-counter medications work?

A: Insomnia falls into 2 classifications: situational (arising from circumstances around you such as noisy streets or neighbors, stress, or certain physiological conditions) and chronic primary (insomnia of unknown causes). By far, upon examining their life or environment around them, most people find they belong in the situational category.

No single standard can be set as "normal" for adults. Most people feel 6-7 hours is right for them, while a few may need as little 4 hours a night and others as much as 11-12 hours.

If you can indeed, identify an environmental cause for your insomnia, then the "treatment", per se, is to remove the cause. Modifying your lifestyle or simplifying your life can also help.

Other helpful tips are to: avoid heavy meals late at night and to avoid stimulants such as caffeine. Take moderate exercise. Avoid daytime naps. Set up a pleasing routine for yourself before bedtime, such as a hot bath or "recreational" reading.

If you find yourself in bed and unable to sleep, get up and go to a chair and read or watch TV. The use of medication for sleep is generally not recommended, especially if used over a prolonged period of time. It can often interfere with the sleep you are trying to promote. If you have continuing problems, see a physician to rule out physiological causes.



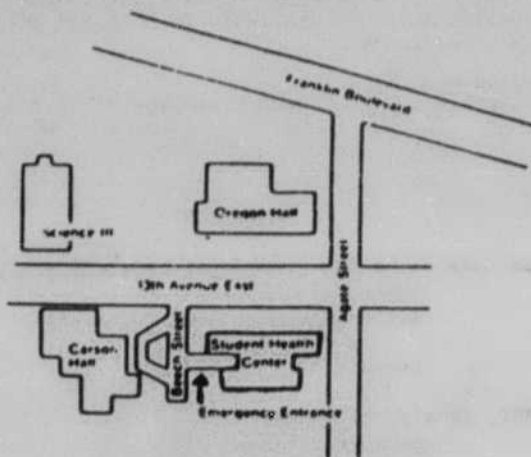
Information on the effects of passive or sidestream smoking will be available at a table in the EMU main lobby on Wednesday, March 5 from 11:30-1:00. A Peer Health Advisor will be available to answer your questions and concerns. Stop on by!

Your Student Health Center - sponsor of Well Now - offers health and medical care services to all fully registered students at the University of Oregon. We encourage you to utilize our services and save yourself (or your parents) lots of money on your health care needs.

We are open evenings and weekends till 8:00 p.m.

Our Hours of Service

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| Regular Clinic Hours (M-F) | 8:00a.m. - 4:30p.m. |
| Saturday Clinic Hours | 8:00a.m. - 11:30p.m. |
| Urgent Care Clinic Hours (M - Sat) | 8:00a.m. - 8:00p.m. |
| Sunday Urgent Care Clinic Hours | 12 noon - 8:00 p.m. |



WELL NOW...

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