

Read this and sleep

Dealing with sleep deprivation



By Romila Tandigan

Late night cramming, bottomless coffee mugs, early morning classes... Most likely, college students have experienced nights of minimal sleep at one time or another. New research suggests that lack of sleep can seriously affect the body's health by derailing diets, weakening the immune system and diminishing overall mood and performance. What are these effects, and what does it mean for stressed students?

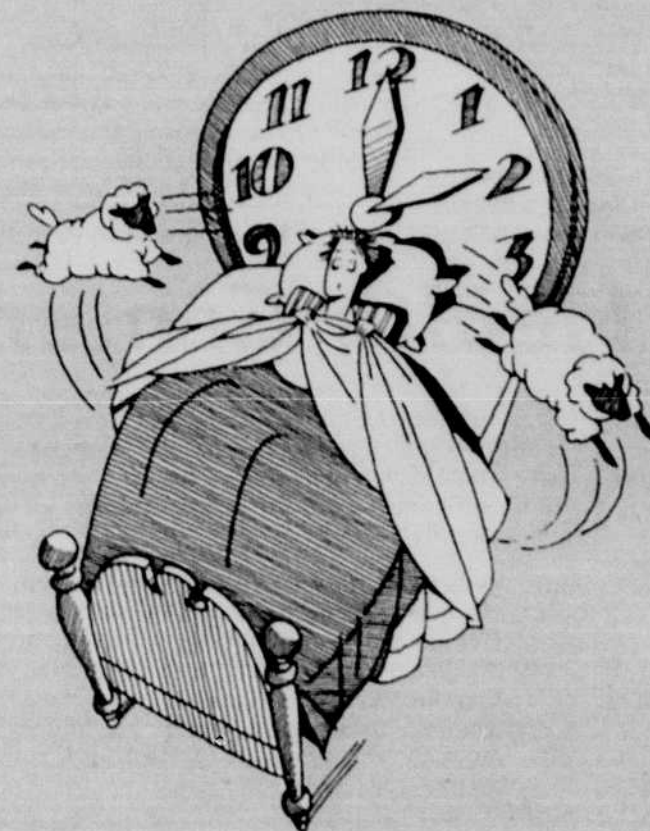
The average person needs eight to nine hours of sleep and gets seven. Only 10 percent of the population needs less than eight hours. Some studies have found that an individual's sleep needs are genetically determined and cannot be reprogrammed. Leading sleep experts say that even an hour of missed sleep, night after night, can cause problems. The obvious solution to low-grade fatigue is to simply get more sleep. But what are the long-term health consequences when people constantly forfeit those crucial hours of sleep?

Tired Snacks

One of the least-known side effects of sleep deprivation is overeating. Judith J. Wurtman, a research scientist at Massachusetts Institute of Technology, conducted a survey of hospital nurses on night shifts and found that 90 percent of those working on night shifts gained weight. In order to stay awake, nurses eat, although eating only gave them the illusion of staying awake since fatigue never quite disappeared. Perhaps this link between sleep deprivation and food consumption also rings true for the population of college students. However, in cases involving extreme sleep deprivation, sleep will override the need for food if a person is tired enough.

Sleep deprivation can also result in the lowered activity of cells in the immune system. The body depends on sleep to keep a number of delicately balanced systems running smoothly. According to Harvey Moldofsky, director of the University of Toronto Center for Sleep and Chronobiology, "Everything is synchronized. The endocrine and immune systems are organized by the sleep wake cycle, so if that changes, everything else is thrown out of kilter."

What does this mean for us? The best way to prevent or solve sleep problems is to go to bed at the same time each night and wake up at the same time each morning. Avoid alcohol and caffeine, both of which can severely disrupt the body's deep-sleep cycles and prevent a good night's rest. Instead of a coffee break, take a 25 minute nap to refresh the body without creating grogginess. Of course, the only lasting cure for sleep loss is sleep itself.



Eating Disorders:

WHO is at risk?



By Shelby Seale

When some people think of eating disorders such as anorexia and bulimia they probably don't think of high achievers. However, much recent research in sports medicine, presented in *Climbing Magazine* (May 1-June 15, 1994) has suggested that athletes are at a higher risk for eating disorders than the average individual. In some sports, such as boxing and wrestling, weight is an essential part of the requirements for participation. As recently as five years ago, the National Collegiate Amateur Athletics (NCAA) found that 64 percent of women athletes had eating disorders. Eating disorders are most prevalent in gymnastics, ballet, figure skating, and body building.

Climbing is another such sport with a likely connection to eating disorders. Climbers aim to achieve the best possible strength-to-weight ratio. Many climbers

limit their diet considerably in order to lose weight. Unfortunately, many climbers thereby lose strength and thus initiate the first phase of an eating disorder. At the 1989 Snowbird World Cup, for example, the semifinal men averaged 4.4 percent body fat, an extremely low ratio. The semifinal women averaged 10.7 percent body fat, with the top six female finalists at 9.6 percent.

Consequences of Eating Disorders

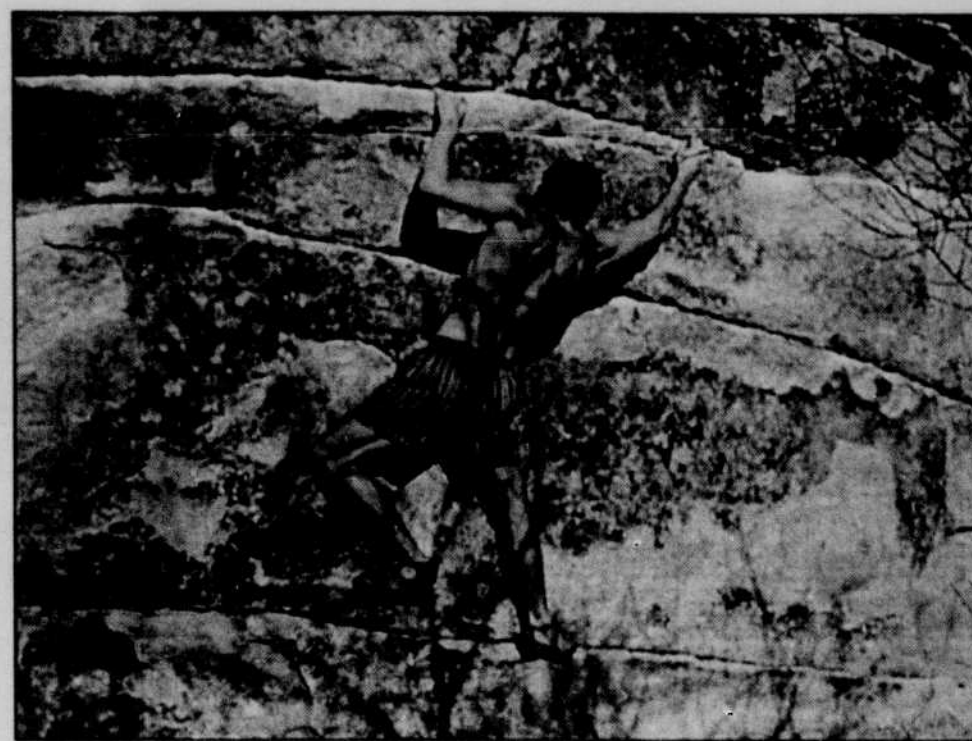
Estimates indicate that one percent of the American population is afflicted by Anorexia. Anorexia causes amenorrhea in women (loss of regular menstrual cycles), which can have negative effects on the reproductive system and can lead to osteoporosis and even brain shrinkage. Another eating disorder, Bulimia, is estimated to affect about three percent of the United States population, mostly women. Both Anorexia and Bulimia can make athletes more vulnerable to injuries like sore joints, stress fractures, and increases their chances for kidney failure and nervous

breakdowns.

Tim Fairfield of Santa Fe, New Mexico, a top-ranking climber, knows what Bulimia is about. He remembers that he would starve his body of calories but that his self-control would eventually give in. Then, he would eat a huge meal. Even though he was eating nutritious food, Tim would feel too full and had to throw up. He was drained of energy. In this way, his performance suffered because he could no longer train at his previous level. As Tim Fairfield makes clear, this behavior can be destructive.

Psychological and Social Factors

Just as the world of sports has its own reasons for pathological dietary behavior, however, the non-sports world can create conditions for eating disorders, too. Psychological conditions and motivations, such as a desire to be thin, a low self-esteem, or being an over-achiever and a perfectionist, can increase your chances of falling victim to eating disorders. Women



Many rock climbers feel the need to be ultra-thin in order to have a good strength-to-weight ratio.

Pressure!

How do you spell relief?



By Kim Creswick

Each of us has experienced it at one time or another, chances are, more frequently than you would like. Meeting deadlines, sweating through exams, and dealing with everyday life often drains us of energy and leaves us—stressed out. How do you react when you start to feel your shoulders tense up, when you notice that you are gritting your teeth? Stress can be dealt with in many ways, and it is important that the way you choose to cope is a healthy one.

Where does stress come from? Besides those frustrating exams, we all experience stress in our everyday environment, the work place, driving in traffic, and sometimes even dreams. Without being conscious of it, most of us react to stressful situations by tensing our muscles and "bracing" ourselves for conflict. This is due to our primal "fight or flight" response. The nervous system is activated and adrenaline surges through our veins to fuel the body to react. Current studies suggest that everyone reacts to certain stressful situations in the same predictable stages. However, there is a wide range of variation in both the responses and their effects, between people.

Everyone reacts to stress in a different way. An exam may be a breeze for your friend who began cramming the night before, but procrastinating may have thrown you into a frenzy. This is just one example. Your perception of a stressful situation may be based on even more deep-rooted values: self-esteem, family support, and emotional well-being, to name a few. Some of us are more strongly affected by our environmental pressures which can lead to ulcers, eating disorders, and cardiovascular diseases. In some of the worst cases, poor stress management can lead to alcoholism, depression, and even cancer.

Taking a Deep Breath

The idea of "stress management" has barely begun emphasizing the importance of individual differences in reactions toward stress. In

many cases, an individual's personal thoughts and visualizations contribute just as much, if not more, to the problem. After identifying the source, what measures can be taken to alleviate it? Exercise and socializing may be the first to come to mind but there is an endless list of activities: running, dancing, going to a play, taking a walk, smiling, listening to music, meditation or yoga are a few. The key here is to choose activities that work for you, and to let yourself relax when you do them.

Keeping physically fit helps to get rid of the up-tight feeling, and provides a great way to release aggressions. However, it may not work for everyone. Learning to make-to-do-lists is a great way to prioritize commitments and deadlines. Simply taking a few deep breaths during the day can rejuvenate your oxygen supply and refresh your mind. Since the body uses up more protein and carbohydrates when you are under stress, limiting your caffeine and alcohol intake while stocking up on plenty of fruits, vegetables, whole grains and pasta helps your body to better deal with tension.

For more information or help, call the Peer Health Education Office at the Student Health Center (346-4456), Mackenzie-Willamette's Center for Healthy Living (726-4400), or Lane County Human Services (1-800-422-7558).

World AIDS Day

The U of O Participates



By Lindall McIntyre

On 1 December 1995, the 8th annual World AIDS Day will be observed all across the globe. This worldwide effort is designed to provide education and strengthen awareness of the AIDS epidemic. The first World AIDS Day was proposed by the World Health Organization in January of 1988. The theme for that year focused on the worldwide effort against HIV/AIDS by encouraging governments, communities, and individuals to talk about HIV/AIDS. Today, there are 189 communities around the world which have designated this day to draw public attention to the AIDS epidemic.

Since its inauguration, World AIDS Day has been observed in many ways. One demonstration of the commitment to the fight against AIDS is the "Night Without Light." Visual AIDS, a group of art professionals in New York City, created this event in 1990. From 7:45-8:00 PM on December 1, the lights of the White House are dimmed

as a tribute to those who have died from or are living with HIV/AIDS. Communities and cities across the nation are encouraged to join the White House in dimming their lights in support. "AIDS and Families" was the 1994 theme for World AIDS Day. Dr. Michael H. Merson, Executive Director of the World Health Association's Global Program on AIDS, stated that "If we all do our utmost within our families of choice—whether they are the people who share our home or those who share our planet—we shall help immeasurably to defeat AIDS in every family."

Students Show Support

Last year, activities on the U of O campus, too, commemorated World AIDS day. A "Giving Tree" was displayed on the EMU lobby to demonstrate how AIDS and HIV can affect the lives of the students and their families. With a one dollar donation anyone could put a red ribbon on the tree. The money was donated to a local family which had recently lost a member to AIDS. At a panel discussion, community members who are HIV positive shared their



World AIDS Day t-shirts will be available this fall at the Student Health Center. Call 346-4456 for details.

experiences.

Lisa Lee, a Peer Health Educator and coordinator of last year's World AIDS Day on our campus, was amazed by the participation of university students. "Students wanted to donate money and show support for those in our community touched by the disease," she commented. "World AIDS Day had a positive effect on our campus and the activities helped raise awareness and promote care for all people with HIV/AIDS and their families." The American Association for World Health stated that the ultimate goal of World AIDS Day is to have as many people as possible within U.S. communities and around the world communicating about HIV/AIDS, to heighten awareness of AIDS as a global challenge, and to create the unity essential to the worldwide effort against AIDS.

For more information on the World AIDS Day activities, or if you would like to participate in this year's activities, call the Health Education staff at the Student Health Center at 346-4456.

Mexican Food, Continued from Page 1

wich shop or even at some salad bars depending on your choice of dressing.

Serious Dining

Category number two includes El Torito's, The Mission, and Nacho's. Now we are getting into the kind of dining experience which includes table service and silverware, so we are going to remain there a little longer and—that's right—we are going to spend a little more mullah.

For overall quality of food and atmosphere, I preferred El Torito's. You can expect to pay about \$8.50 per person there, and if you're health conscious you have about six entrees to choose from. They are all on the "New Mex" or healthy menu. The Mission was just o.k. for atmosphere which did, however, reflect in the prices; your average check here will be about \$5.00. When you look for healthy food at The Mission you will want to look in a notebook called "Health Book" by my server. It contains six entrees with low salt, low or no-fat, and oil-free beans which are all prepared "sans animal lard."

Last but not least, I place Nacho's in this second category. At Nacho's you can expect to pay an average price between \$6.50 and \$8.50 depending on weather you order from the lunch or dinner menu. Nacho's was not able to provide me with any kind of nutritional literature. The staff nevertheless assured me that their restaur-

ant uses canola oil only, no lards or meat fats, and that they boil their chicken.

Upscale Food With Focus on Taste

In the last and third category, the cuisine is more Latin American than Mexican. However, both of the restaurants in this group do have menus with quite a few Mexican dishes. The two restaurants are Hilda's and Cafe Navarro. Both restaurants are more upscale than the others I visited and are nice if you are looking for a relaxing meal that tastes terrific. Unfortunately, neither restaurant offers much health information about the menu. Taste, not health, is the declared goal of food preparation at these restaurants. At Hilda's you can count on spending around \$11.00 per person. At Cafe Navarro you can eat for about \$6.00.

Eugene has many other Mexican restaurants and I would have liked to have sampled them all. I chose the restaurants that I have mentioned because they are either very close to campus or I heard great things about them. If you are a big fan of Mexican cuisine like myself and want to share your experiences with me I would love to hear about them. You can e-mail me at Sacks@gladstone.uoregon.edu. You can find cookbooks and other information on healthy eating at the Health Education Office in the Student Health Center (346-4456).

