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NOW HIRING
FOR WINTER & SPRING TERM 2002

INTERN ADVISOR

FOR SEXUAL VIOLENCE PREVENTION & PEER EDUCATION PROGRAM

- Salary range of \$7.50-\$10.00 per hour, based on experience
- Internship credits also available

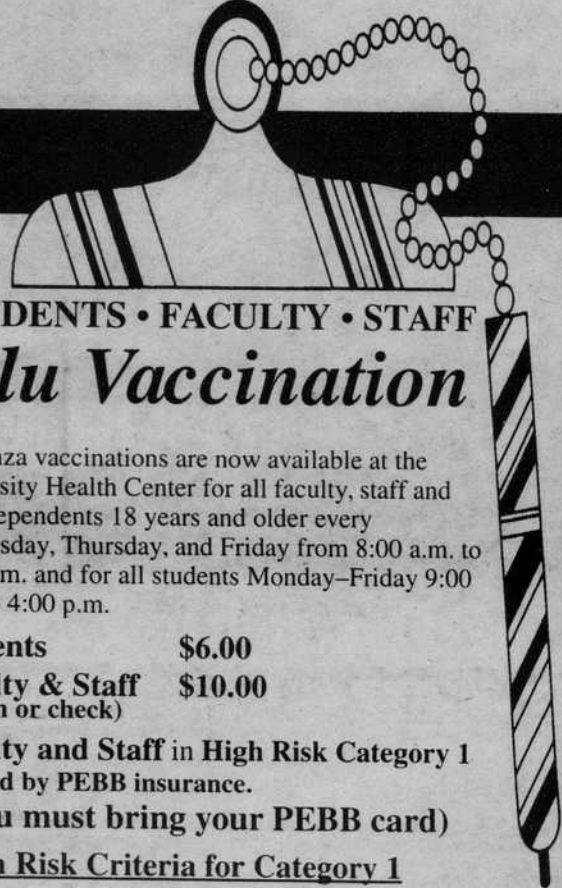
Role of the Intern Advisor

- Supervise the work of the interns by facilitating weekly meetings; evaluating interns' work, presentation skills and knowledge of the issues and providing them with feedback
- Attend all presentations to provide survivor support and field questions
- Provide training for students interested in becoming peer interns

How to Apply

- Submit resume and cover letter to ASUO Women's Center, Suite 3, EMU. Review of applications will begin December 12, 2001 and will continue until the position is filled.
- Contact info: Lori at 346-4099 or Sheryl at 346-1156

The Sexual Violence Prevention and Education Internship Program is a collaboration between the ASUO Women's Center and the Office of Student Life. We are an equal-opportunity, affirmative action institution committed to cultural diversity and compliance with the Americans with Disabilities Act.



STUDENTS • FACULTY • STAFF

Flu Vaccination

Influenza vaccinations are now available at the University Health Center for all faculty, staff and their dependents 18 years and older every Wednesday, Thursday, and Friday from 8:00 a.m. to 9:00 a.m. and for all students Monday-Friday 9:00 a.m. to 4:00 p.m.

Students \$6.00
Faculty & Staff \$10.00
(cash or check)

Faculty and Staff in High Risk Category 1 covered by PEBB insurance.
(You must bring your PEBB card)

High Risk Criteria for Category 1

- Persons 65 years and older
- Persons with any of the following conditions:
 - ✓ Long-term heart or lung condition
 - ✓ Diabetes
 - ✓ Kidney disease
 - ✓ Anemia
 - ✓ Cystic Fibrosis
 - ✓ Asthma
 - ✓ Conditions that compromise the immune system
- Women who will be in their 2nd or 3rd trimester of pregnancy during the influenza season (November-April)

Who should consider getting influenza vaccine?

- People who provide essential community services
- Persons traveling to the Southern hemisphere between April and September, or to the tropics at any time
- Persons living in dormitories or in other crowded conditions, to prevent outbreaks
- Anyone who wants to reduce their chance of catching influenza

For more information, call the University Health Center Flu Line at 346-4444.
healthcenter.uoregon.edu

Insomnia

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more accelerated around traditionally stressful times at the University — midterms and finals.

The health center reported that one out of every three Americans had trouble falling asleep or staying asleep in the past year. The majority of adults need at least seven hours of sleep a night, and most need eight or more to function optimally.

Since he was a sophomore in high school, Rutledge said he has tossed and turned in bed. He has tried watching television, listening to music and reading books — but nothing really works. So Rutledge, who attends Boise State University, said he has had to adjust to his irregular sleep patterns.

"I've already accepted it," he said. "It shows up whenever it wants and goes away whenever it wants."

Even sleep aids such as melatonin and NyQuil caused what Rutledge called a "reverse reaction," and because of his high tolerance to the supplements, he stayed up even later instead of falling asleep. Without a good night's rest, Rutledge said he is often too tired to do homework, and instead dwells on stressful situations in his life.

"Usually I'm just thinking about everything that goes on in my day," he said. "If I'm thinking about something — I won't fall asleep."

The computer information science major originally from Kailua Kona, Hawaii, said he plans to continue coping with his sleep disorder because he doesn't like doctors.

"The only thing they do is give me sleeping pills, and that defeats the purpose," he said.

Identifying the problem

Skellcerf said that sleeping disorders are classified as more than just going a night or two without sleep.

"Snoring is a partial airway obstruction. ... Insomnia means that you are not able to go to sleep but you want to," she said.

Skellcerf said older people are more prone to sleep apnea, which is when a person actually stops breathing during his or her sleep. The muscle that usually holds the airway open collapses, she said. If people experience these conditions, Skellcerf suggested they be evaluated.

But even if a person looks at the clock every hour during the night or is tired during the day, Skellcerf said she very rarely prescribes sleeping pills, because there's a better, simpler solution.

"You need to set a regular time to get up and get up at the same time everyday," she said. "Teenagers want to push it and stay up later and later. They sleep in to compensate."

Helpful hints for better sleep

Personal habits:

For several hours before bedtime, avoid alcohol or caffeinated beverages, chocolate, spicy or sugary foods and smoking. They can all affect your ability to fall asleep or to enjoy deep sleep.

Exercise regularly, particularly in the afternoon, but not before bedtime.

Restrict fluids immediately before bedtime.

Try to establish a schedule where you go to sleep and get up at the same time every day, even on weekends.

Don't nap. This will help to put your body into a good "sleep-wake" rhythm.

Try adopting bedtime rituals such as taking a hot bath, drinking a cup of herbal tea or doing some light reading. Relaxation techniques before retiring may relieve anxiety and reduce muscle tension.

Sleeping environment:

Reserve your bed for sleeping. Don't use your bed for watching television, reading or eating.

When you get into bed, turn off the lights, get into your favorite sleeping position and expect to fall asleep.

Bedding that is uncomfortable can prevent good sleep. Pamper yourself with comfortable sheets and a good mattress. You may need a queen size or king size bed if your partner has restless sleeping habits.

If your bedroom is too hot or too cold, it can keep you awake. Find a comfortable temperature setting for sleeping and keep the room well ventilated.

Eliminate as much light as possible.

Block out all distracting noise. For more quiet, try foam earplugs, or run a fan at night to drown sounds out.

Source: University Health Center

Solutions to sleepless nights

To establish better sleeping patterns, Skellcerf said it's important to associate a bed with sleep.

"Try to save your bed for sex or sleep," she said.

But if problems persist, there are other alternatives, such as overnight sleep testing. Dr. Robert Tearse of the Sleep Disorders and Neurology Clinic in Eugene specializes in such testing.

"Going through a primary physician is a good first step," he said. "We function here as a resource for the primary doctors."

The two-physician clinic tests patients during the evening by monitoring their sleep with infrared cameras and other advanced equipment.

"We want to find out what is going on — what's disrupting their sleep," Tearse said. "We're looking for apnea, snoring, sleeping walking, twitches, nightmares and seizures."

Information about a patient is collected using a special software program during the night. It can then be displayed in the clinic's computer system for analysis. He said most people wake up about three or four times every night for 30 to 40 seconds, but because the awakenings are so short "people don't remember them."

There are two groups of people with sleeping disorders, he said: those who are too sleepy and fatigued during the day, and those who have night complaints such as apnea and snoring. Tearse said his patients vary from those who have breathing disorders and insomnia to those who sleep excessively during the day.

"College students are subject to the same variety of sleep problems

of all the other patients we see," he said.

He said college students are often not sensitive to medical problems because they have young, healthy bodies.

"Sleep is an aspect of our lives that we take for granted," he said, adding that to fall asleep, a person needs to be relaxed, and there has to be a significant duration of time since they were last asleep.

Skellcerf said drinking a lot of alcohol can disrupt sleep patterns.

"Alcohol will relax most people and help you get to sleep quicker," Tearse said. But during the night when the alcohol wears off, Tearse said the body may go through a "mini-withdrawal" and experience more awakenings than usual. He said alcohol relaxes the throat, and the muscle in the throat can collapse during sleep, making a person more prone to sleep apnea or snoring. Because of this, the body has a low oxygen intake, and Tearse said this can contribute to the headaches and hangovers a person may experience the day after drinking.

"College students have always gone through a learning process to find out how much their bodies can stand and how sensitive they are to stress," he said.

Counselors can help students to cope with this stress, he said. College students often sacrifice sleep because of the responsibilities and demands of college life, but he said those problems will apply even when they finish school.

"The price you pay is how you are going to feel the next day," he said.

Lisa Toth is the Pulse/features editor for the Oregon Daily Emerald. She can be reached at lisatoth@dailyemerald.com.

Interested In Experiencing Jewish Culture For An Evening?

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- Israeli dancing

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