

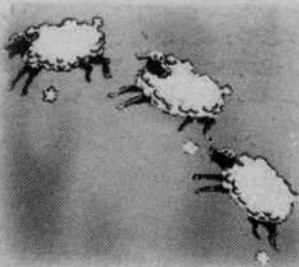
Sound Sleep or Counting Sheep?

by Lilee Hua

How much of a role does adequate sleep play in your school performance? Do you constantly find yourself dozing off, taking power naps, or skipping class to get extra sleep during the day? By not providing yourself with sufficient rest, you may be harming yourself more than you think.

TAKE A MOMENT TO TEST YOUR SLEEP IQ WITH THESE T/F STATEMENTS.

- 1) Sleep is a time when your body and brain shut down for rest and relaxation. True/False
- 2) Regularly and unintentionally dozing off during the day may indicate a more serious medical condition than just sleep deprivation. True/False
- 3) People need less sleep as they grow older.



True/False

- 4) The body has a natural ability to adjust to different sleep schedules, such as pulling an "all-nighter." True/False

NOW LET'S SEE HOW YOU DID.

1) **False.** Although sleep is a time when your body rests and restores energy, it is also a mentally active state that affects both your physical and mental well-being. Adequate restful sleep, like diet and exercise, is critical to good health. Insufficient restful sleep can result in mental and physical health problems.

2) **True.** Still can't seem to stay awake and focused even though you slept a

good 7-8 hours the night before? This could indicate other sleeping problems despite getting enough hours of sleep. According to the National Institute of Health, approximately 40 million Americans suffer from sleeping disorders. An untreated sleep disorder can reduce your daytime productivity, increase your risk for accidents, and put you at risk for illness.

3) **False.** Now that we're past our adolescent years, we think we don't need as much sleep. As college students, we don't always find the time for adequate sleep. This can interfere with our schoolwork and grades. Try going to bed at the same time every night and getting up at the same time every morning. Sleeping in a cool, dark, quiet place at night may improve the quality of your sleep.

4) **False.** The human biological clock typically programs us to feel sleepy during the nighttime hours and active during the daylight. Fighting your body's own biological clock by staying up all night to study for a midterm reduces your retention of the material. Studies show that adequate sleep will help you focus more while taking an exam.

If you find yourself feeling groggy most days, the University Health Center has medical practitioners available for consultation. A basic appointment is \$6 and can be billed to your student account. Call 346-2770 to schedule an appointment. This could shed light on brighter, more refreshing days.

America's Favorite Psychoactive Substance Is Served in a Cup

By Emma Thornburg

It's early and brisk. Herds of students scurry into the doors of cafes where they are met with the musky, familiar smell of morning. After ordering their personalized concoction, their caffeine is administered and is in full effect within a half an hour. For most individuals, caffeine's direct effect on the nervous system allows increased alertness, elevated mood, and improved short-term memory, which are the main reasons for its popularity. According to numerous health professionals, caffeine consumption is typically not harmful in moderation. In excess, however, caffeine can have adverse short term and long term effects which outweigh any direct, positive stimulation caffeine provides. The question, then, is how much is OK?

CAFFEINE BACKGROUND

Caffeine is a psychoactive drug found in many naturally occurring (e.g. coffee, cocoa, and chocolate) and manufactured (e.g. many headache, diet, and sleep suppressant pills) substances. Since each of us has a different level of sensitivity to caffeine, the point at which adverse effects kick in will vary between individuals. Less than 300 mg of caffeine (about two 5-oz. cups of coffee) per day appears to be safe for most people. Of course, not all cups of Joe are created equal. One 16-oz. Grande from Starbucks and you've already maxed out your daily dose of caffeine, taking in roughly 370 mg.

WEIGHING IN THE HEALTH FACTORS

When they do kick in, adverse symptoms of caffeine typically include restlessness, dizziness, irritability, gastrointestinal aches, chronic headaches, and trouble sleeping. Some people are more sensitive to the effects of caffeine, and less than 300 mg can trigger these symptoms.

According to Columbia University's www.goaskalice.columbia.edu, caffeine is a stimulant that can cause anxiety and the very symptoms that can lead to a panic attack in those with anxiety disorders. Individuals with hypertension should limit or eliminate caffeine from their diet since it raises their blood pressure. Since caffeine is a diuretic, it could lead to dehydration and fatigue. It also triggers calcium loss in the urine and potentially contributes to developing osteoporosis.

Although it may be tempting to use coffee late at night to help you stay awake longer and study, caffeine lingers in the body for three to four hours, and it could take you longer to fall asleep, as well as reduce the quality of your sleep. This vicious cycle restarts in the morning when you need that cup of coffee to get you going again.

In a time where the expected landmark on the block is a coffee shop, it's hard to resist the temptation of a quick cup. It is important to be aware of your serving size and how your body is reacting to the caffeine. For most people it's safe to have 300mg of caffeine or less per day.

If you are trying to cut back or eliminate caffeine from

your diet, make the transition gradually to reduce the symptoms of withdrawal, such as sleepiness and headaches. Try blending regular and decaffeinated coffee to cut back on caffeine intake.

For more information on this subject, check out the Peer Health Education Lending Library in the University Health Center for titles like **Food & Mood** by Elizabeth Somer, M.A., R.D.

WHAT PRODUCTS CONTAIN CAFFEINE AND HOW MUCH?

Source: U.S. Food and Drug Administration and National Soft Drink Association

(approximate caffeine content of various foods and beverages)		
Item	Milligrams of Caffeine	Average Range
Coffee (5-oz. Cup)		
Brewed, drip method	115	60-180
Brewed, percolator	80	40-170
Instant	65	30-120
Decaffeinated, brewed	3	2-5
Teas (5-oz. Cup)		
Brewed, major U.S. brands	40	20-90
Brewed, imported brands	60	25-110
Instant	30	25-50
Cocoa beverages (5-oz.)	4	2-20
Milk chocolate (1-oz.)	6	1-15
Dark chocolate, semi-sweet (1-oz.)	20	5-35

Factoids

The most common age of onset of SAD occurs in those 18 to 30 years old.
SAD Association,
<http://www.sada.org.uk/symptoms.htm>

Winter depression strikes as many as 6 of every 100 people in the U.S. Another 10 to 20 percent of people experience mild cases of SAD.

American Academy of Family Physicians, <http://familydoctor.org/handouts/267.html>

High Blood pressure killed 44,619 Americans in 2000.
American Heart Association

Of the 50 million Americans who have high blood pressure 31.6 percent don't know they have it.

American Heart Association
<http://www.heart.org>

The number of people in the United States with substance dependence or abuse increased from 14.5 million (6.5% of the population) in 2000 to 16.6 million (7.3% of the population) in 2001.

<http://www.stopdrugaddiction.com/drug-addiction-statistics.htm>

Nearly 14 million Americans - 1 in 13 adults - abuse alcohol or are alcoholic.

<http://www.alcoholaddiction.info/alcoholism-statistics.htm>

The most common form of cancer in men aged 15-35 is testicular cancer, which can be cured in most cases.
American Cancer Society

The leading causes of death in American men under the age of 40 is car accidents, violence and AIDS.
American Cancer Society

About 25% of your night's sleep is spent in REM sleep, which is the dreaming phase.
National Sleep Foundation

More than 20% of men, women and children grind their teeth at night, a condition known as bruxism.
Better Sleep Council

Smoking a pack of cigarettes/day (calculated at \$5/pack) will cost \$18,200 of cash for a ten year period. Costs to health are even greater in the long run.

Some of the compounds found in cigarettes include carbon monoxide, ammonia, arsenic, butane, hydrogen cyanide, toluene, DDT, acetone, cadmium, and formaldehyde in addition to the addictive ingredient nicotine.
American Lung Association

The Health Center is providing free nicotine replacement (gum or patch) to smokers who want to quit.

Covering your cough & washing your hands with soap & water after coughing or sneezing helps stop the spread of germs.
Oregon Department of Human Services