



The Monthly InStAllment



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Benefit from sleep...

The Short Story on Napping



Tips for Good Napping

- ◆ *The right length:* A 20-30 minute nap is recommended for short-term alertness. It provides benefit for improved alertness and performance without leaving you feeling groggy or interfering with nighttime sleep.
- ◆ *The right environment:* Make sure you have a restful place to lie down. Limit the amount of noise heard and light entering the room.
- ◆ *The right time:* Taking a nap too late in the day might affect your nighttime sleep patterns and make it difficult to fall asleep at your regular bedtime.

Benefits of Napping

- ◆ Naps can restore alertness, enhance performance, and reduce mistakes and accidents. A study at NASA on sleepy military pilots and astronauts found that a 40-minute nap improved performance by 34% and alertness by 100%.
- ◆ Naps can increase alertness in the period directly following the nap and may extend alertness a few hours later in the day.
- ◆ Napping has psychological benefits. A nap can be a pleasant luxury, a mini-vacation. It can provide an easy way to get some relaxation and rejuvenation.



Slumber More, Weigh Less ?

A Columbia University study found that adults who averaged 4 hours of sleep a night were 73% more likely to be obese than those who got 7-9 hours of rest. Sleep deprivation reduces a blood protein that suppresses appetite, affecting how the brain senses when it has had enough food.



Too Stressed To Sleep?

10 Tips For Getting More Sleep

- 1) Organize your room so that you can study and sleep in *different* areas. Don't study in your bed!
- 2) Drink a glass of warm milk or caffeine-free tea before bed. Milk contains tryptophan, a chemical that may promote sleep in some people.
- 3) Practice a relaxation ritual each night before you go to bed. This may include deep breathing, stretching, drinking a warm beverage, or reading a light book (*not* a textbook!).
- 4) If you're hungry at night, have a light carbohydrate snack such as crackers or pretzels. Don't overeat before bedtime!
- 5) Stay out of bed until you feel tired enough to go to sleep. If you can't fall asleep, go to another area and do something relaxing such as reading.
- 6) Go to bed at approximately the same time every night. Your brain does not have a different biological clock for weekdays and weekends!
- 7) Use caution if taking sleeping pills (such as Ambien). Prescription sleep aids can be effective, but are also addictive. Follow the instructions carefully, and communicate regularly with your health care provider.
- 8) Don't go to bed intoxicated. If you choose to drink, switch to water several hours before bed time.
- 9) Quit smoking. Nicotine is a strong stimulant that can dramatically reduce the quality of your sleep.
- 10) Several hours before bedtime, make a list of your goals and tasks for the following day. This can quiet your thoughts for a peaceful night's sleep.

Cope with stress...

Time Management Strategies

Make prioritized lists of tasks you need to accomplish, estimate the amount of time you will need to complete each task and allow extra time for unplanned delays, build "quiet hours" into your schedule, don't put off making decisions or doing school work, buy a calendar, keep a "to do" list, and ask for help!

Emergency Stress Relief

Get up and go for a walk.

Listen to your favorite songs.

Have your favorite soothing drink.

Take a long, hot shower.

Take deep breaths.

Call a friend.

Stretch.



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