One part of sleep awareness is knowing how your sleep may be affected by changes in your environment. As we spring forward and advance our clocks one hour, the small change can affect our sleep. When we move our clocks, watches, and cell phones in either direction changes the principal time our circadian clock sets. These changes can make our internal clocks out of sync with our current day-night cycle.

Losing an hour in the spring is more difficult than gaining an hour in the fall. An earlier bedtime may cause difficulty falling asleep and increased wakefulness during the early part of the night. If you are sleep-deprived or have insomnia, these could increase your difficulties. You could see decreased performance, concentration and memory during the week. Also, you may experience fatigue and daytime sleepiness. All of these are more likely to occur if you consume alcohol or caffeine late at night. You can help this adjustment to sleep by decreasing your exposure to light in your house in the evenings, exercising, trying to have a consistent sleep schedule, and reducing or eliminating alcohol or caffeine.

Source: http://news.vanderbilt.edu/2015/01/national-sleep-awareness-month/

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**Trivia Question**

Q: What is the only food that doesn’t spoil?

A: In Next Issue of StallTalk!

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**Health Services**

Monday thru Thursday, 9 a.m.–5 p.m.
Friday, 9 a.m.–4 p.m.
By appointment only, call 871-5250.

Health Services is now offering 4 different STI tests through the Center for Disease Detection. In addition to Gonorrhea and Chlamydia testing, we are now submitting labs for Syphilis and HIV.

Call for an appointment and pricing.

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WYCA Lancaster Young Women’s Sexual Assault Support Group

March 14 – April 2; Montour House
Contact Danielle Harvey (WYCA counselor on campus) at 717-393-1735 x 257 or Natalie Fletcher 717-393-1735 x 261 for additional details.

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Keep the Peace, Get Some Sleep

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FINDING BALANCE IN STILLNESS

COME MEDITATE FROM 12:30–1:00 EVERY THURSDAY FROM FEBRUARY 4 – MARCH 3 at The Counseling Center

Lyle Hall, 3rd Floor
Feel free to bring a pillow or yoga mat with DR. JOE LYNCH

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**Second Leading Cause**

Did you know that suicide is the second leading cause of death among 15–34 year olds? Or that from 2008–2010 the rates of deaths by suicide were double that of homicides? Well, it was. Here are some things you can do to consider about suicide: Common risk factors include prior attempts, mood disorders, and substance abuse. However, the following warning signs are very important to look for. These include: someone talking about wanting to kill themselves, talking about feeling hopeless, talking about being a burden or feeling trapped, someone acting anxious, someone withdrawing, and someone displaying extreme mood swings, among many others. If someone is displaying these signs, contact an RA or GA if you live in a resident hall, the Threat Assessment Team (TAT) at (717) 871-7070, counseling services at 871-7821, or if it is an immediate threat, call 911. Remember, you don’t want to handle this serious issue on your own and that you are not alone.

Source: http://www.sprc.org/basics/warning-signs-suicide

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**Wellness Wednesdays**

- **Body and Mind (BAM)**
  - March 2: Outside SMC Bookstore; 11 a.m.–1 p.m.
  - Sexual Responsibility/Healthy Relationships
    - March 16; Outside SMC Bookstore; 11 a.m.–1 p.m.

**Hunting Ground**

April 6; Myers Auditorium; 6 p.m.

**Speed Dating**

April 7; SMA MPR; 7 p.m.

**Sofie Karsen Speaking Engagement**

April 12; SMA MPR; 7 p.m.

Look for the March edition of CHEP Chatter to learn more about our upcoming programs and events!

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**True or False?**

Your risk of developing a drinking problem has nothing to do with how old you were when you began drinking.

**False**

This is interesting. In the following study, where they interviewed adults who met the criteria for alcoholism, it becomes readily apparent that the earlier someone begins drinking, the greater the odds of becoming a problem drinker.

If you look carefully, the percentage and risk go down very slowly for those that began drinking ages of less than 13 years to 17 years of age. Then it is cut almost in half at age 18. It is a little known fact that at age 18, the brain begins to develop executive function (if we don’t harm that development with heavy or even moderate drinking). We are simply more mature and make better decisions than we were in high school. So why the increase in alcoholism at age 19? Yup College. It is the perfect environment for getting off to a bad start... Freedom, new friends, lots of stress and loads of socialising without parental supervision. Remember, 90% of addictions begin in adolescence. Now that doesn’t mean they become addicts in their teens but they do begin the pattern that leads to “The Less Good Things” about college drinking. The good news is that in spite of this fact, most students “mature out” and become folk who can take it or leave it.

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**Percentage of US Adults Aged 18 and Older Dependent on Alcohol, By Age of Drinking Onset**

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MT Sexual Violence Website:

www.millersville.edu/sexualviolence

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“Develop success from failures. Discouragement and failure are two of the surest stepping stones to success.” ~Dale Carnegie

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Meet the Peer Educators:

MARLEIGH WARNER

Follow us on Twitter:

www.twitter.com/stalltalk