Feeling Sleepy?

Sleep often is the first thing that busy people squeeze out of their schedules. Making time to sleep will help you protect your health and well-being now and in the future.

To improve your sleep habits, it also may help to:

- Go to bed and wake up at the same time every day.
- Try to keep the same sleep schedule on weekends and weekdays. Limit the difference to no more than an hour.
- Stay up late and sleeping in on weekends can disrupt your body clock’s sleep–wake rhythm.
- Use the hour before bed for quiet time. Avoid strenuous exercise and bright artificial light, such as from a TV or computer screen. The light may signal the brain that it’s time to be awake.
- Avoid heavy and/or large meals within a couple hours of bedtime. (Having a light snack is okay.) Also, avoid alcohol and dinner before bed.
- Avoid nicotine (for example, cigarettes) and caffeine (including caffeinated soda, coffee, tea, and chocolate). Nicotine and caffeine are stimulants, and both substances can interfere with sleep. The effects of caffeine can last as long as 8 hours. So, a cup of coffee in the late afternoon can make it hard for you to fall asleep at night.
- Spend time outside every day (when possible) and be physically active.
- Keep your bedroom quiet, cool, and dark (a dim night light is fine, if needed).
- Take a hot bath or use relaxation techniques before bed.
- Napping during the day may provide a boost in alertness and performance; however, if you have trouble falling asleep at night, limit naps or take them earlier in the afternoon. Adults should nap for no more than 20 minutes.

Source: https://www.mayoclinic.org/diseases-conditions/seasonal-affective-disorder/symptoms-causes/syc-20344651

Seasonal Affective Disorder

Seasonal affective disorder, or SAD, is a kind of depression that usually starts and begins around the same time each year. It usually is associated with symptoms starting in early fall and continuing into the winter months. Some symptoms are:

- Feeling depressed most of the day, nearly every day
- Losing interest in activities you once enjoyed
- Having low energy
- Having problems with sleeping
- Experiencing changes in your appetite or weight
- Feeling sluggish or agitated
- Having difficulty concentrating
- Feeling hopeless, worthless or guilty
- Having frequent thoughts of death or suicide
- Having bad days is normal, but if you feel like you can’t get motivated to do things you love for days in a row, notice a change in your behavior, or have thoughts of suicide, seek help from a friend or other resources such as:

National Suicide Hotline (available 24/7) 1-800-273-8255

Millersville Counseling (3rd Floor Lyle Hall) 717-871-7821

Light Box Therapy (Dr. Lia Howell) 717-871-7821

Source: https://www.mayoclinic.org/diseases-conditions/seasonal-affective-disorder/symptoms-causes/syc-20344651

News You Can Use:

Which of the following is true?
A: 29% of all college dropouts are alcohol related.
B: 38% of academic failures are alcohol related.

Answer: Both A and B

Think about the people you know who are struggling academically or have dropped out altogether. Were these the folks you saw in the library, working in study groups and whose “big picture” focus was on getting a quality education? Did they reduce stress and socialize in a way where they got all of the “Good Stuff” and none of the “Less Good Stuff” from their relationship with alcohol and other drugs? Or, were they part of the small group whose focus was on partying there to seven days a week, who missed classes or went to class hung-over, or who spent the entire weekend drinking, sleeping, or recovering? This is the group whose mantra was “There is nothing to do at Millersville but party!” and who did so with a passion.

If you have any questions or wish to know more about the real deal about your relationship with AOD, take the alcohol or ETOKE Self-Assessment on the Counseling Center webpage at Millersville.edu/counsel or contact the AOD Guy at John.Baltzer@millersville.edu or 871-7821.

Making Traditions HE ALTHY

Try some of these smart substitutions for your favorite holiday meals.

- Instead of butter, use a healthier vegetable oil or substitute equal parts unsweetened apple sauce when baking.
- Use low-fat or skim milk instead of whole milk or heavy cream.
- Instead of only white flour, use half white and half whole-wheat flour.
- Instead of adding chocolate chips or candies, use dried fruit, like cranberries or cherries.
- Use extract like vanilla, almond, and peppermint to add flavor, instead of sugar or butter.
- Use vegetable oils or soft margarine instead of butter.
- Use whole-grain breads, rice and pasta instead of white.
- Bake grilled or steam vegetables instead of frying.
- Compare labels of your holiday ingredients, and choose products with lower amounts of sodium and added sugars.
- Use spices, fresh herbs and citrus juice to flavor foods and drinks instead of excess salt and added sugars.

Source: https://healthyforgood.heart.org/