

THE CAN CHRONICLE

DON'T BE IN A RUSH TO FLUSH...HERE'S SOME NEWS YOU CAN USE

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HEALTH AND WELLNESS EXPO

October 1st
11:00a.m. – 2:00p.m.
Prentice Patio

Rain location Bouck Ballroom

- **Get your flu shot**
- **Blood pressure check**
- **Healthy food samples**
- **Farmers market**
- **Stress Reduction**
- **Free massage**
- **Raffle Prizes – Win a Fit Bit or fitness center membership!**

Sheer Madness

October 6th at 7:00 pm
Bouck Theater

Sheer Madness is an account by Andrew McKenna (a former Special Prosecutor for the Department of Justice) about the perils of prescription drug abuse. Andrew shares his story that led to prescription drug abuse, robbing banks, and serving time in federal prison. He is now working to help spread the word about how prescription drug abuse changes lives forever.

Mental Health Screenings

If you are concerned about the amount of alcohol or other substances you are using, or if others have expressed concern, you can start by taking the anonymous & confidential Mental Health Screenings available on the Wellness Center's website: www.cobleskill.edu/wellness. And remember that you can always come in and talk to a provider about your concerns!

SLEEP

College students are among the most sleep-deprived people in the country. This may be due to the irregularity of their sleeping habits. According to a 2001 study, only 11% of college students have good sleep quality, and 73% have occasional sleep problems. This same study found that 18% of college men and 30% of college women reported suffering from insomnia within the past 3 months, and over half reported feeling sleepy during the morning.



A lack of sleep can have physical consequences. Poor sleep has been associated with weight gain. Not enough sleep can decrease your immune system leading to more colds and illnesses. Studies have shown that information is transferred between the hippocampus and the cerebral cortex during deep sleep. Sleep is essential for the proper consolidation of long-term memories. Most college students need at least seven hours of sleep each night, but that amount can be adjusted based on how alert a student feels after a particular number of hours of sleep. Even daytime naps can improve memory and the memorization of important facts.



10 Tips for Better Sleep

Making the effort to get enough sleep every night will help you keep up your grades, feel better, and have more energy for the things you really want to do.

1. Avoid caffeine at night and limit it during the day.
2. Skip alcohol before bed.
3. Create a sleep schedule and stick to it.
4. Don't sleep in on weekends or days when you have late class; wake up close to the same time every day.
5. Put books and homework away at least 30 minutes to an hour before bedtime.
6. Don't study or work on your computer in bed.
7. Exercise earlier in the day, never just before bed.
8. Don't watch TV just before bed.
9. Use an eye pillow to drown out any bright lights and earplugs to drown out the noise of loud roommates or dorm mates.
10. Turn out the lights when it's time to go to bed; a bright room will keep you awake.

Establishing healthy sleep habits in college will do wonders for your long-term health.

<http://www.everydayhealth.com/college-health/10-tips-for-better-sleep-at-college.aspx>

The Wellness Center

Schedule on-line at: <http://patient-cobleskill.medicatconnect.com> OR Call for an appointment

Phone 518-255-5225 Fax 518-255-5819

Monday – Friday 8:00a.m. – 4:15p.m.

For after hour emergencies call University Police at 518-255-5555

UPD Anonymous Tip Line <https://secure2.cobleskill.edu/tipline>.

National Suicide Prevention Crisis Hotline 1-800-273-8255

Mobile Crisis Assessment Team (MCAT) – 1-877-269-6699 or 1-844-732-6228 (24 hours a day/7 Days a week)