

# HEALTHY U

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"Those who bring sunshine into the lives of others, cannot keep it from themselves." James Barrie

## HOW TO CATCH THOSE ZZZZZZZZs

Just how important is a good night's sleep? According to a recent "60 Minutes" story on the "Science of Sleep," just one night of four hours of sleep or less is sufficient to impact our coordination and ability to process information. In a university setting, four hours may seem luxurious right? We often pride ourselves as a society that we "don't need much sleep." However, you may be running health risks you weren't aware of. Did you know that long term sleep loss can lead to:

- Weight Gain
- Decreased Sex Drive
- Diabetes (the body stops processing insulin efficiently)

- Poor reaction time (driving while drowsy can be every bit as dangerous as drinking)
- Irritability, moodiness, or even depression
- Poor memory retention

The good news is that there are simple things we can do to improve our sleep. We just have to make the time and commitment to follow through for ourselves. If sleep is hard to come by for you, try these tips:

Establish a regular, predictable routine to help train your mind and body about when it's time to sleep (try to go to bed and wake up at the same time regardless of your schedule).

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### WHAT'S NEW

#### Health Services available over the summer

If you are a student this spring, you can receive health services over the summer.

- If you Graduate
- If you are enrolled in the fall
- If you are enrolled in Summer Session

[For information on the specifics, please go to Page 3](#)

## MASSAGE AWAY YOUR TENSION

Muscle tension got you tied up in knots? Relief is just a phone call away.

Many people seek therapeutic massage as a natural means to promote healthy body functioning, relieve stress and tension and pro-

vide general relaxation. Massage therapy is a respectful, non-sexual way to receive nurturance, to relax and to relieve aches and pains.

Professional, licensed massage therapists offer massages at four different ses-

sion lengths and prices at the Ambrose Health Center for students, faculty and staff.

\* 15 Minute chair massage = \$10.00

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### STRESS MANAGEMENT

Many of us are facing countless end of the year deadlines and events. It is especially important to pace and fortify ourselves now.

- Cut out unnecessary activities until the end of the year.
- Remember your current demands when asked to do one more thing this month.
- Do 2 minute slow deep breathing relaxation breaks several times per day.
- Focus on one thing at a time.
- Eat nutritious meals and small snacks.
- Avoid excess caffeine.

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## VALUABLE LINKS

[Sleeping in the Swamp](#) -Getting enough sleep is essential for being your best physically, emotionally, academically and socially. This link can help you learn more about how sleep affects your health, your mood and your grades. You can also assess your current sleep habits, caffeine intake, and sleep quality, and most importantly, find ways to get more ZZZ's.

[Sleep Strategies for Students](#) – Stress management techniques, relaxation exercises on free MP3 files you can download to your MP3 player or computer, and "Let's CU Sleep" specific sleep strategies are available here.

[Am I Getting Good Sleep?](#) - Sleep is not merely a "time out" from our busy routines; it is essential for good health, mental and emotional functioning and safety. Check out these resources to learn whether you're getting the quality – and quantity – sleep you need.

["Did You Know...?"](#)

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## WELLNESS RESOURCE CENTER

Any of our relaxation tapes and CD's can help you fall asleep. The following CD's are especially good at both helping you drift off to sleep easier and help you experience deep restful sleep.

*Healthful Sleep:* Designed to promote peaceful sleep; create relaxed feelings of safety and calm; release muscular tension in the body; clear the mind of worry and obsessive thinking; heighten a sense of protection and support. Followed by continuous music.

*PM Yoga Meditations:* Tune into your breath, heart and mind to find deep relaxation, intuitive guidance and a calm strength to let go of the day's stress and prepare for a night of restful and rejuvenating sleep.

*Guided Relaxation* – Guided imagery woven with alpha brainwave frequencies and dreamy music transport you to inner peace. This CD must be used with stereo headphones to achieve the benefits of the resonant energy frequency that elicits the alpha brain wave pattern associated with relaxation, visualization and creativity.

The Wellness Resource Center is located in the lobby of the Ambrose Health Center. These materials are available for check out for free for 2 weeks. They are located on a library cart under the brochure holders. The center is open Monday – Friday, 8:00 – 4:30.

This newsletter is not meant to replace the advice of a health care or counseling professional. You should not rely on any information on these pages, or links, to replace consultations with qualified professionals regarding your own specific situation.

### Catch those Zzzz's, Cont.

- Minimize any stimulation you can close to bedtime. That means TV, computers, phones, lights, etc. should be off at least a half hour before bedtime (Yes, checking Facebook just *one* more time counts as stimulation).
- Exercise is good for helping induce sleep, but avoid it three hours or less before you intend to go to bed.
- Have a coffee or soda habit? Try limiting caffeine at least six hours before bedtime.
- When possible, make your bedroom a space for sleep and sex only. A cool room is better than a warm one as well.
- Avoid alcohol. Even though it's a "depressant," it actually prevents deep, quality sleep.

Remember, getting a good night's sleep is a habit. If you try these strategies and still have trouble getting enough restful sleep,, please contact your local mental health practitioner or health provider.

Matthew Mallin, MSSA, CAPSW  
Counselor

### Massage, Cont.

- \* 25 Minute table massage = \$15.00
- \* 50 Minute table massage = \$30.00
- \* 55 minutes hot stone massage = \$35.00

The massage therapists are not University employees, but rather are independent practitioners who have agreed to provide sessions for UW-W students and employees at reduced rates. Their fees must be paid in cash at the time of the massage.

If you have insurance coverage through UWW under Dean Care, you can be reimbursed 50% of your massage fee up to \$200 per year by submitting a form available from their web site and your statement from UHCS. If you have insurance coverage through UWW under Humana, you can be reimbursed \$50 per year for your massage fees. Other insurance companies may provide reimbursement as well. Contact your insurance company for more information.

Massage therapy appointments are available Wednesdays from 2:30 to 6:30 pm and Fridays from 9:30 am to 4:30 pm. Summer hours may vary.

**Call 472-1305 for an appointment.** It's a great opportunity to treat yourself well. Also, gift certificates for fellow students, staff or faculty are available for purchase.

### Stress Management, Cont.

- Get enough restful sleep.
- Walk or move enough to raise your heart rate, once per hour.
- Plan to have fun everyday.
- Vent to friends who will understand, then let it go.
- Keep things in perspective. This too will pass.
- Celebrate how much you have accomplished.
- If you believe in a higher power, stay connected and hand it over.

### What's New, More Information

**If you graduate** in May, you can receive health services for no additional fee through June 6. To continue services through August 29 there is a one time fee of \$37.

**If you are enrolled for the fall**, but not the summer, you can receive health services for no additional fee through June 6. To continue services through August 29 there is a one time fee of \$37.

**If you are enrolled in summer session**, you can receive health services for no additional fee through August 29.