



# Toilet Talk

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Manchester College

## 6 Reasons Why We Have Bad Dreams

### 1. Anxiety and Stress

Anxiety and stress, often as the result of a traumatic life event, are sometimes the cause of nightmares and bad dreams. According to the International Association for the Study of Dreams (IASD), a major surgery or illness, grieving over the loss of a loved one, and suffering or witnessing an assault or major accident can trigger bad dreams and nightmares. Post-traumatic stress disorder (PTSD) is also a common cause of recurrent nightmares.

### 2. Spicy Foods

The explanation is that spicy food can elevate body temperatures and thus disrupt sleep. This may also be the reason why some people report bad dreams when they eat too close to bedtime. Though few studies have looked at it, eating close to bedtime increases metabolism and brain activity and may prompt bad dreams or nightmares.

### 3. Fat Content in Food

Some research has indicated that the more high-fat food you consume during the day, the greater the chance that the amount and quality of your sleep may suffer

### 4. Alcohol

Though alcohol is a depressant that will help you fall asleep in the short term, once its effects wear off, it can cause you to wake up prematurely. Excess consumption can also lead to nightmares and bad sleep; nightmares are also a common occurrence for those going through alcohol withdrawal.

### 5. Drugs

Some drugs, including antidepressants, barbiturates, and narcotics, can cause nightmares as a side effect.

### 6. Illness

Illnesses that include fever, such as the flu, can often trigger nightmares. And other sleeping disorders, including apnea and narcolepsy, may also increase the incidence of bad dreams and nightmares.

## Interesting snow Facts!

→ Snowflakes aren't always white. Years ago, when coal was used in factories and homes, snow was often gray. Why? Because the coal dust entered the air and was absorbed by the clouds.

→ In Prince Edward Island, Canada, where the soil is red clay, snowflakes often look pink. Why? Because red dust from the soil is blown into the air and absorbed by the clouds.

→ The largest snowflakes ever recorded fell in the state of Montana in the United States of America. The snowflakes were 15 inches in diameter.

### Winter Dry Skin

Dry skin is a very common skin problem and is often worse during the winter when environmental humidity is low (i.e., "winter itch"). It can occur at all ages and in people with or without other skin problems. An important aspect of treatment is to identify and tackle any factors that may be contributing to the dry skin. It is natural to think that applying water alone to dry skin would help control the problem. However, water alone (especially hot water) can actually worsen the problem of dry skin by removing the normal, protective skin oils. Hot, soapy water depletes the natural skin oils to the greatest degree. Anyone who has tried to wash a skillet covered with bacon grease in cold soapy water knows how effective heat is in softening up oils and fats so that they can be washed away. However, water followed by the application of oil such as a moisturizer (also known as an emollient or lubricant) is of great benefit for dry skin. The oil in the moisturizer helps trap and seal water in the stratum corneum and makes the skin softer, smoother and less likely to become dry, cracked and itchy.

## MC's Fit for Life Challenge

It's a new spin on an old idea! We are taking the Biggest Loser to a new level with MC's Fit for Life Challenge! You can earn points not only for weight loss but also for working out!

After all, fitness is what it's all about! It's easy; find a team of four then pick a fun team name and get ready for some friendly competition. An informational session will be held December 5<sup>th</sup> in Speicher Room from 12 - 1pm. Can't make it that day? Register on-line on or after December 5<sup>th</sup>!

Get in it to win it!