

Toilet Talk

Manchester University

March 2015



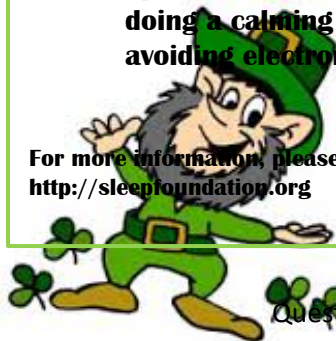
Issue 161

Zzzz....

Sleep Awareness Week is **March 2nd through the 8th**! The purpose of this week is to promote public education and awareness on the importance of healthy sleeping habits. Sleep needs vary across ages and are greatly impacted by lifestyle and health. Sleep helps us thrive by contributing to a healthy immune system, providing energy to the brain and body, and also by repairing any damage to the cells (i.e. when you are sick from a cold, the flu, or other viral illnesses). Sleeping also helps balance our appetites by helping to regulate levels of hormones that play a role in our feelings of hunger and fullness; so when we don't get enough sleep, we tend to eat more. Having healthy sleeping habits can greatly improve your quality of life! Here are some tips to lead you to good sleep hygiene:

- **Develop a sleep routine – same bedtime and awake time even on the weekends.**
- **Separate your sleep time from activities that can cause excitement, stress or anxiety.**
- **Exercise Daily.**
- **Use bright light to help manage your circadian rhythm – avoid light in the evening and expose yourself to sunlight in the morning.**
- **Make sure your mattress and pillows are comfortable.**
- **Spend the last hour before bed doing a calming activity – avoiding electronics is best.**

For more information, please go to <http://sleepfoundation.org>



“Life moves pretty fast. If you don't stop and look around once in a while, you could miss it.”

–from Ferris Bueller's Day Off

Apply to be a \$HA!

Interested in health care? Have prior first aid experience? Desire to help your peers with minor medical issues? Apply to be a Student Health Assistant (SHA)! Health services is looking for SHAs and a Peer Health Educator for the 2015 – 2016 school year. Applications are now available on Spartan Jobs! Additional information will be sent from Health Services regarding the remaining application process. All completed documents are due to Health Services by **March 13th**! *Questions can be sent to HealthServices@manchester.edu.*

Be Safe This Spring Break!

Although spring break is a time for a fun break from school, it is important to stay safe! Whether you are traveling or staying nearby, safety should be your number one priority. More than 1.5 million students in the U.S. will party during Spring Break and even though these activities can be fun (when done properly and safely), they can lead to potentially dangerous situations. Follow these health and safety tips to make this year's spring break memorable and safe:

- Limit alcohol – if drinking alcohol is part of your break (if you are 21 and over of course), keep in mind that drinking can impair judgment and actions. Do not drink and drive, stay out of suspicious areas, and always have a friend with you.
- Be active – during break, take the opportunity to start working out or participate in fun activities like dancing, playing volleyball, swimming, etc.
- Plan a successful trip – be prepared!
- Protect yourself – take precautions, avoid situations or people that may place you at risk for harm, and use protection if you choose to have sex.
- Protect yourself from the sun – wear sunscreen with at least SPF 15.
- Eat healthy – having fun takes energy and fuel!

For more info, please visit <http://www.cdc.gov/family/springbreak/>

Brought to you by Wellness Services! ☺

Questions? Comments? Please contact us at HealthServices@manchester.edu