



Stay Well, Manchester College!!

Issue 10



# Toilet Talk

## Sleep: Are you getting enough?

### Upcoming Events

April 14th - Easter Break!!

April 21 & 22 - Extreme Weekend  
Friday: 8p-11p Live Band Karaoke  
Saturday: Mind Games Tourney 12-4p, Paintball 11a-3p  
Mud Volleyball Pit

April 22 - Spring Formal 8p-12a Ft. Wayne Botanical Gardens

April 23 - International Fair 12p-6p PERC

April 29 - PEACE

Not only is a good night's sleep required to form new learning and memory pathways in the brain, but sleep is also necessary for those pathways to work up to speed. Several studies show that a lack of sleep causes thinking processes to slow down. Lack of sleep also makes it harder to focus and pay attention, it can make you more easily confused, and studies have shown that it can also lead to faulty decision making and more risk taking. Sleep deprivation can also

quick response. In fact, when people who don't get enough sleep are tested by using a driving simulator, they perform just as poorly as people who are drunk. On top of the inefficiency and dangers of sleep deprivation, most people report being irritable or down right unhappy when they lack sleep. People who chronically suffer from a sleep deprivation, either because they do not spend enough time in bed or because they have an untreated sleep disorder, are at greater risk of developing depression.

### Tips for Getting a Good Night's Sleep

- Stick to a sleep schedule.
- Exercise is great but not too late in the day.
- Avoid caffeine and nicotine.
- Avoid alcoholic drinks before bed.
- Avoid large meals and beverages late at night.
- If possible, avoid medicines that delay or disrupt your sleep.
- Relax before bed.
- Take a hot bath before bed.
- Have a good sleeping environment.
- Have the right sunlight exposure.
- Don't lie in bed awake.
- See a doctor if you continue to have trouble sleeping.

## INTERNATIONAL FAIR! "Celebrating Cultures"

The Manchester College International Fair is a biannual event that brings together the college and community in celebrating the diversity of cultures and experiences in the world. Through music, food and exhibits, participants are treated to an exciting, action packed afternoon that is both interactive and entertaining. This FREE entrance event, which is sure to draw attendance from places far and near, has been a hallmark of college-community integration and cooperation, while intentionally igniting much needed dialogues that break racial, ethnic, language and national origin boundaries. If you are interested, but would like more information, please feel free to contact the Office of Multicultural Affairs at 260-982-5005. Hope to see you there!!! Admission is FREE!!

Brought to you by Health and Counseling Services.

Sponsorship provided by Mental Health Association and AACTION (Against Alcohol, Controlled substances, and Tobacco In Our Neighborhoods).

