Getting enough sleep each night is just plain awesome for your emotional and physical health. So what really goes on while we sleep? A lot. Here are 3 of the many cool things that happen while we sleep:

1. MEMORIES ARE STORED.
   The brain forms new memories, consolidates older ones, and makes connections between older and more recent memories. This helps us to store and recover the new information we received and enables us to better recall it later.

2. IMMUNE SYSTEM IS BOOSTED.
   The production of certain proteins (which helps fight disease) increase while we sleep. Many studies have shown that sleep deprivation leads to a decrease in white blood cell count (cells that are integral to our immune system defense and response). Getting enough sleep plays an important role in our ability to fight off, fight, and recover from infections and illnesses.

3. APPETITE IS REGULATED.
   Hormones have an effect on our feelings of fullness and hunger. As a result, not getting enough sleep can lead to weight gain, in part due to late night snacks and meals. Experts recommend getting between 9-12 hours of sleep per night. In a perfect world, you would sleep until you wake up on your own (without the assistance of an alarm clock). But since we don’t live in a perfect world, try these tips to help you sleep better!

Tips:
- Keep regular waking & bedtime hours
- Keep naps short (45 minutes or less)
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- Sleep in a dark, quiet room
- Engage in regular physical activity
- Learn relaxation techniques: deep breaths, progressive relaxation, etc. (See below!)
- Laugh! It decreases stress-related hormones, and increases endorphins.
- Learn to say “no.”
- Try to stay organized and keep up with your school work.

**COOL Things**

By Carrie Hardisty, MEd, CHES

Campus Health Service

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SNACKS: The Good, Bad & Ugly

By: Sarah Morris, RDN
Campus Health Service

Healthy snacks are essential for busy college students. They provide opportunities to eat health-promoting foods throughout the day while keeping your appetite in check! Here are a few quick and healthy snack ideas:

THE GOOD...
- Whole-grain crackers and hummus
- Greek yogurt drizzled with honey
- Apple slices and natural peanut butter
- Cherry tomatoes or grapes and string cheese
- Homemade trail mix: 1 cup cheetos, 1/4 cup raisins, 1/4 cup nuts
- 5 small pretzels with 1 Babybel® cheese
- Whole grain toast and peanut butter with a cup low-fat or fat-free milk

This list is by no means exhaustive. Use your imagination to create your own snack favorites. As with everything, moderation is the key to smart snacking. If you are going to indulge in not-so-healthy snacks, eat a smaller amount and not very often.

THE BAD & UGLY...
- Savory and sweet treats such as doughnuts, cookies, ice cream, candy, or chocolate bars
- Muffins or pastries
- Sugary cereals or pop-tarts
- High fat foods such as potato chips, french fries, or other fried foods
- Highly processed foods such as microwave chicken nuggets or pizza rolls

SNACKS: The Good, Bad & Ugly

CHOOSING THE RIGHT SUNSCREEN

By: Christi Clauson, MPH and Melanie Fleck, MPH, CHES, Campus Health Service

You’ve probably heard a story of a friend using someone else’s Adderall to help them study. Or maybe you have used pain pills that were from a family member’s medicine cabinet. Both of these scenarios describe an issue that is impacting college students on The University of Arizona campus: prescription drug misuse.

Your health is important. Eat well, exercise, and get enough sleep! Share concerns about your concentration, anxiety, stress, and pain with your doctor. The take-away message? They are professionals that can prescribe an issue that is impacting college students on The University of Arizona campus: prescription drug misuse.

WHERE DO WE WEAR SUNSCREEN?

- The American Academy of Dermatology recommends consumers choose a sunscreen which states on the label:
  - SPF 30 OR HIGHER
  - BROAD SPECTRUM (protects against UVA and UVB rays), and Water Resistant for up to 40-80 minutes.

GOOD DRUGS GONE BAD

By: Gale Walter Coleman, MLS, RD, CSSD, CESC, Campus Health Service

Resilient people take setbacks and adversity in stride. It’s not that they have less misfortune; they just cope more effectively and bounce back faster. How do they do that?

We can all become more resilient, regardless of our upbringing or current circumstances. A few factors that contribute to resiliency are:

1. Build and nurture relationships with family and friends; create a support network.
2. Develop a sense of purpose and related goals; focus on the big picture; make every day meaningful.
3. Challenge assumptions. Negative or inaccurate thoughts about ourselves, others, or the future keep us stuck. Learn from experience. Develop flexibility.
4. Practice kindness, to yourself and others. Develop positive self-talk.
5. Take care of yourself, physically, mentally, and emotionally. Daily habits – count: sleep, eating well, moving, and keeping stress low all make you more able to cope with challenges. You have the strength to do it.

WHAT RESILIENT PEOPLE DO DIFFERENTLY

Quiz: Take Your Relationship’s TEMPERATURE

By: Megan McKendry, MPH, Oasis Program Violence Prevention Coordinator

Is your relationship’s temperature a thriving 98.6 degrees? When it comes to love, we all have ups and downs. But certain symptoms may require a check-up. Answer these questions to assess the health of your love connection.

1. Are you afraid to say no to your partner, or do you say yes to avoid an argument?
2. Does your partner blame you for their behavior or problems in general?
3. Does your partner’s jealousy prevent you from seeing friends or doing things you enjoy?
4. Does your partner check up on you by looking at your phone or without your permission?
5. Do you feel trapped in the relationship?

DIAGNOSIS: If you answered “yes” to any of these symptoms, you may be experiencing emotional abuse. Even the slightest relationship ailment – the kind of situation that makes you feel weird or uneasy – is a big enough deal to get checked out. The UA Campus Health Service’s Oasis Program Against Sexual Assault and Relationship Violence is here to help. Visit our website or call (520) 626-2051 to learn more or schedule an appointment.
When Should I Eat? Exercise on an empty stomach in order to burn more fat. Wrong! Exercisers who eat a small, 150-calorie jump-start meal an hour or so before working out have a significantly higher fat-burning rate for as long as 24 hours compared to those who ate post-workout. (International Journal of Sports Nutrition and Exercise Metabolism)

Do I Need to Work out with a Buddy? Having a workout partner will increase your exercise frequency. Maybe! Depending on your partner, you may actually work out harder when you are alone. The key is finding the right partner! Find someone who will keep you focused and who will not be a distraction. (Santa Clara University)

Do I Need Rest Days? Wait 24 hours between workouts. Wrong! The general rule is to wait 48 hours to recover after each type of workout to let your muscles rebuild and get stronger. More than 72 hours of rest may be needed to recover from hard workouts, especially for beginners.

Getting Healthy Has Never Been So Rewarding

Earn points and get prizes for working out, attending wellness events, or simply making healthy choices! HealthyU Interactive is an exciting new program at Campus Rec for students and University employees designed to support your fitness and wellness goals. The fun, engaging, interactive tools help guide you to better habits and health. HealthyU offers access to dynamic leader boards, nutrition and fitness tracking, fun games, and your own customized fitness guidance plan. With each interaction, you earn reward points that can be redeemed for prizes in the online store. This program, accessible by web or mobile app for quick reporting, is designed to get you excited about fitness and wellness. There are numerous fun challenges ready for you to take on – like the Smart Moves Challenge – to help you reach your fitness and wellness goals.

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Sex talk.

4 Questions About Birth Control Pills

Q. Whenever I get my period, it’s sort of comforting, knowing that I’m not pregnant. My boyfriend and I use condoms to avoid pregnancy. What happens when you go on the pill? I heard that some women don’t have periods at all when they are on the pill. If I don’t have that monthly “sign,” how am I going to know that I’m actually not pregnant?

A. It’s very likely you will still have a period while you are on the 4th week of pills in the pill pack. Your menstrual period may be shorter and/or lighter than it is now, or it may be longer and/or heavier. Everyone is different. What type of period you will have depends on the type and dosage of medication you are prescribed and how your body responds to it.

Q. What about future fertility after being on the pill?

A. The really good news is that oral contraceptives may improve future fertility by reducing the risk of uterine fibroids, ectopic pregnancies, ovarian and endometrial cancers, and endometriosis (all possible causes of infertility). Pills are a good option for most women who want to become pregnant in the future. Some women may have a short delay (about 1 month) in becoming pregnant after stopping the pill when compared with trying to get pregnant after not taking birth control pills.

Q. I’m not very good about scheduling medications. Do I have to take the birth control pill with food to avoid an upset stomach?

A. Some women experience nausea when taking (or more likely when starting) oral contraceptives. Taking the pill during or right after eating can help to reduce most potential tummy troubles.

Q. Will the pill affect my mood? A. In most women, there is no noticeable change in mood and frequently, mood changes are due to other life events. However, if you notice that you experience irritability, depression, or a reduced interest in sex, talk with your medical provider to discuss whether switching brands might help.

The Challenge Program uses a combination of low and high ropes courses, and different group building activities to design a customized program that specifically meets the needs of your group.

Got a question about alcohol? Email it to sextalk@email.arizona.edu

Supplement to the Daily Wildcat

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When it comes to music, I love:
A. Relaxing music that will help me clear my mind, think positive thoughts, and enjoy my time.
B. Heart pumping music that will get me moving and grooving, even when I am tired.
C. A good balance of upbeat tones and motivational lyrics to help me achieve the best workout ever.

I’ve been to the Recreation Center and most of the time I:
A. Don’t use any equipment. I let my body weight do the work for me.
B. Like equipment that I can bounce on or throw around.
C. Use kettle bells, medicine balls, and dumbbells with my workout.

When it comes to music, I leave:
A. Be quiet and pretend I am alone in the room.
B. Laugh, shout, and talk to my friends, if the intensity allows.
C. Chat, but concentrate on what I am doing. A quick smile to let my friends know I am pushing hard is all I use to communicate.

My fitness goal is to achieve a great balance, but I really need help with:
A. Flexibility and relaxation
B. Weight loss
C. Toning and building muscle

My friends and I love to laugh and joke, but during fitness classes I like to:
A. Be quiet and pretend I am alone in the room.
B. Laugh, shout, and talk to my friends, if the intensity allows.
C. Chat, but concentrate on what I am doing. A quick smile to let my friends know I am pushing hard is all I use to communicate.

After I work out, I want to feel:
A. Calm and energized
B. Sweaty and out of breath
C. Sore, like I really pushed hard

Mostly A’s:
Sounds like you would LOVE yoga, Pilates, and PiYo! These classes are ideal for those who want to push themselves hard and achieve goals related to flexibility, core strength, balance, and relaxation. We suggest you try: PiYo with Ali, Vinyasa Yoga with Jeanne, or Pilates with Stephanie.

Mostly B’s:
You must be a high energy, fun-loving person on the go! You love to get your heart rate up, burn some calories, and work hard. We suggest you try our new class, PURE BURN. You would also love Butt N Guts, Cardio and Core, and Zumba.

Mostly C’s:
As a goal driven, hard worker you would excel in classes like Boot Camp, Muscle Playground, and Total Body Conditioning! These classes are great for those who want to tone up and build some muscle.

Group Fitness...
FIND THE CLASS THAT FITS YOU BEST!

By Casandra Smith, Fitness & Wellness Coordinator, Campus Recreation

Did you know that Group Fitness classes can help you meet new people, relieve stress, sleep deeper, and even do better in school? That’s why Campus Rec has many classes to choose from. Not sure which class is right for you?

Mostly A’s:
Mostly B’s:
Mostly C’s:

Our bodies use carbohydrates as the main source of energy, converting any excess into glycogen, which can be used for energy later on. Protein is then used to maintain and build muscle. The only problem is if you’re eating low carbs you’re going to have lower glycogen stores and won’t have enough to meet your body’s energy requirements. When this happens your body moves on to protein for energy and it can no longer use it for the maintenance of muscle. So next time you hit the gym keep in mind your body needs both carbohydrates and protein to optimize your workout!

FUELING Your Workout

With so many varying ideas on how to maximize your workout, how do you figure out what actually works? Strength trainers tend to focus on protein for muscle building and aerobic trainers tend to focus on carbohydrates for endurance. While these two methods have shown desired results, it’s important to know how our body utilizes these nutrients and why it’s important to get a good balance of both. Our bodies use carbohydrates as the main source of energy, converting any excess into glycogen, which can be used for energy later on. Protein is then used to maintain and build muscle. The only problem is if you’re eating low carbs you’re going to have lower glycogen stores and won’t have enough to meet your body’s energy requirements. When this happens your body moves on to protein for energy and it can no longer use it for the maintenance of muscle. So next time you hit the gym keep in mind your body needs both carbohydrates and protein to optimize your workout!

“UNLESS YOU PUKE, FAINT, OR DIE KEEP GOING”

By Michele Lauer, Student Fitness Coordinator

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