

ASK YOURSELF...

Using the scale below, rate your likelihood of dozing while engaging in the following activities.

- 0=never doze
- 1=slight chance of dozing
- 2=moderate chance of dozing
- 3=high chance of dozing

| Score | Activity |
|-------|---|
| | sitting and reading |
| | watching TV |
| | sitting inactive in a public place (meeting or theater) |
| | as a passenger in a car for an hour without a break |
| | laying down to rest in the afternoon |
| | sitting and talking to someone |
| | sitting quietly after lunch or other meal |

Add your total.

Interpretation Scale:

- 0-6: You are probably getting adequate sleep
- 7-8: Average. You may have mild sleep deprivation
- 9 and above: You may be significantly sleep deprived

Permission for use provided by the National Sleep Disorder Foundation,

Do You?:

- snore loudly
 - stop breathing or gasp for breath during sleep
- often feel sleepy or doze off while watching tv, reading, driving, or engaging in daily activities
 - have trouble with sleep which persists more than a week and is bothersome
- have difficulty sleeping 3 nights a week or more (i.e. trouble falling asleep, wake frequently during the night, wake too early and cannot get back to sleep, or wake un-refreshed)
 - feel unpleasant, tingling, creeping feelings, or nervousness in your legs when trying to sleep
 - experience "sleep attacks" at any time
 - sleepwalk
 - scream or fight during the night but have no memory of the event the next day

TALK TO A MEDICAL PROVIDER IF YOU ARE EXPERIENCING THESE SYMPTOMS

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CAN YOU...?

Have a consistent bedtime routine? This may include turning off the TV, radio, or computer half an hour before bed, taking a shower or bath, or reading (NOT your text book).

Go to bed and wake up at the same time every day, even on the weekend? Keeping track of your sleeping habits – even for just a week- may help you form a routine.

Get exercise during the day? This will make falling asleep at night easier, although exercising within 2-3 hours of going to sleep will actually make it harder for you to sleep.

Avoid dwelling? Thinking about not being able to sleep, what time it is, how many hours you have left to sleep, etc. may lead to increased stress and anxiety. If you can't get to sleep after half an hour, get up and do something relaxing until you feel ready to fall asleep. Try writing down thoughts. **Avoid watching the clock.**

Plan ahead and avoid procrastinating so that you're not in a position in which you have no choice but to stay up all night studying for an exam or finishing a paper? **If you have to pull an all-nighter, go to bed early the next night rather than napping during the day.**

Nap? If it's just not possible to get a full night's sleep, try taking a quick 20-30 minute nap in the early afternoon to help you get through the rest of the day. Generally, naps are not recommended as a substitute for sleeping through the night.

Avoid caffeine and nicotine in the late afternoon and evening? Stimulants like these can delay sleep.

Avoid alcohol in the late afternoon and evening? Alcohol may help you fall asleep, but it increases the number of times you wake up during the night.

Avoid spicy food (related to heartburn), too many fluids or eating too much before bedtime? If you are hungry, eat carbohydrates – such as popcorn, bread or crackers – which are easier to digest.

Avoid using your bed for anything other than sleep or sex? Your body might then associate your bed with studying, television, etc.

Make your room as pleasant for sleep as possible? Use a fan to drown out noise; hang opaque shades to muffle noise and/or light from outside. Listen to relaxing music; try some muscle relaxation. Use ear plugs. Wear an eye mask.



COUNTER-INTUITIVE? COUNTER-PRODUCTIVE.



It can take **three days** for the body to recover from one night of drinking.

Even if it's the weekend, & you sleep longer than usual, alcohol intoxication interferes with REM, causing you to spend little or no time in the deep sleep needed for you to feel rested. Most likely, you'll feel tired and sluggish all day. Trying to make up for the loss of deep sleep the next day can cause you to stay too long in the REM stage – also causing lethargy.

Even 1 or 2 drinks can result in poor sleep quality. Alcohol may help you fall asleep, but leads to disrupted sleep, restlessness & irritability. All this can make a productive session of studying difficult to achieve.

The misuse of sleep medication has nearly doubled in recent years, according to the National Institute on Drug Abuse. Ambien (also known on many campuses as "A-minus" or "Zombie pills"), for example, is being used recreationally despite resulting in sleep avoidance, hallucinations and blackouts – contrary to the drug manufacturer's instructions. When combined with alcohol, the possibility for negative consequences is greatly increased.

A WORD ABOUT ENERGY DRINKS

Despite the possible benefits of energy drinks – including fruit juice additives & dietary supplements, like ginseng and glucosamine - the boost or feeling of well-being comes from caffeine. Each can of one popular drink contain **twice** the amount in a cup of coffee. Some energy drinks have 141 milligrams of caffeine in a 16-ounce can, even though industry guidelines for colas suggest no more than 68 milligrams per 12-ounce serving.

In some cases, energy drinks have caused increases in high blood pressure and anxiety disorders, psychological and physiological dependence, heart arrhythmia, dehydration and, when mixed with alcohol, may hinder one's ability to accurately perceive inebriation. Caffeine dependence results in withdrawal and the accompanying grogginess and can cause your body to respond to what it perceives as high levels of stress.

IDEAS TO RELIEVE TEST ANXIETY

Before the test:

- Study the material in advance; do not cram just before your test & skip the last minute review.
- Sleep. Your functioning is diminished when overtired.
- Avoid using drugs & alcohol which can interfere with your mental ability.
- Exercise may help to increase alertness.
- Have a moderate breakfast. Fresh fruits and vegetables help reduce stress; avoid caffeine, sugar and junk foods.
- Allow yourself plenty of time. Arrive at the test location early.
- Choose a seat where you will not be easily distracted.
- Take deep breaths to settle in.
- Do a reality check. How important is this exam in the grand scheme of things? Remind yourself that you have done this before and can do it again.

During the test:

- Review the entire test. Read the directions carefully.
- Start with the easier portions.
- Pace yourself. Don't rush through the test.
- If you go blank, skip the question and go on.
- Multiple choice questions: Read all options first & eliminate the obvious.
- Essay questions: Make a short outline.
- Take short breaks- tense and relax your muscles throughout your body. Pause & do a few abdominal breaths.

After the test:

- Try not to dwell on your mistakes.
- Take time to indulge in something relaxing.
- If you find test taking – or the thought of it- immobilizing, talk to your professor, advisor and/or a medical or mental health clinician.

Freedomfromfear.org

Information for this fact sheet was taken from the following sources:

- <http://www.colorado.edu/studentgroups/wellness/NewSite/SleepingAround.html>
- <http://healthd.tamu.edu>; <http://shs.tamu.edu>
- www.sleepfoundation.org
- http://www.emc.maricopa.edu/academics/physed/wellness/Sleep_Wellness.html
- <http://sleepdisorders.about.com/cs/sleepdeprivation/a/depstudents.htm>
- <http://www.uiowa.edu/~shs/stress7.htm>
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- <http://www.uhs.umich.edu/wellness/other/sleep.html>
- "The Energy-Drink Buzz Is Unmistakable. The Health Impact Is Unknown." By Michael Mason. New York Times: December 12, 2006
- <http://www.jointogether.org/news/headlines/inthenews/2006/sleep-medicine-ambien-abused.html>
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