

## Sleep Soundly

The summer is over and a new academic year starts. Many students have their schedules filled and one of the first things to be overlooked is our sleep. However, lack of sleep causes impaired cognition, unhealthy craving, and higher levels of depression and anxiety. So here are a few tips that will help you sleep soundly:

Turn off the blue light -Blue light is the most disturbing light when trying to go to sleep because it immediately shuts down your production of melatonin, the major sleep hormone that we produce at night. Sources of blue light include computers, iPads, cellphones, video games, and television.

Avoid Caffeine after noon-Many of us fail to realize how much caffeine can impair our ability to get to sleep and remain asleep. Most of us take four to six hours to metabolize caffeine. However, many of us may take much longer. Caffeine blocks the ability of a sleep-promoting chemical called adenosine to work. So think twice about that evening trip to a coffee shop.

Exercise Regularly-Study after study has shown that those who exercise regularly go to sleep easier and sleep more soundly than their sedentary friends. In fact, a very recent study has dispelled the myth about exercising too close to bedtime. In this study, even those who exercised close to bedtime slept better than those who did not.

Eat sleep promoting foods-Snacks that are high in tryptophan such as dairy products, cheese, nuts, seeds, and grains, when combined with complex carbohydrates such as whole-wheat toast or crackers, can encourage the onset of sleep with sleep-promoting neurotransmitters.

Schedule your sleep-Just as much as your homework and work are important to you, your sleep is too. Your body needs eight hours of sleep. Scheduling it can help you prioritize sleep.

## Breakfast, No Skipping Rule

*By Cristilynn Rood, Nutrition Support*

This year at CBU I challenge the students to make a priority to be healthy; starting with a nutritious breakfast. Too many students skip breakfast and wait it out until lunch. Most of the energy we get from dinner the previous night is used up by morning, and our blood sugar might be low making us feel sluggish and light-headed. Instead, here are some quick and nutritious breakfast items to help us focus in class, during studies, and have a boost of energy to carry out the day.

*Raspberries – Considered to be the breakfast berry, 1 cup of raspberries gives back a whopping 8 grams of fiber.*

*Oatmeal – It carries slow-releasing carbohydrates (rare) which helps insulin levels not to spike and keeps you feeling fuller longer.*

*Yogurt – Yogurt is part of the top 5 foods for weight change/loss and healthy breakfast options. Save calories and unnecessary sugar with plain or Greek yogurt. If you need a little sweetness add honey, fruit, or granola.*

*Nuts – Also a part of the top 5 foods to promote weight loss as well as a slow-releasing carb (rare) that helps keep you feeling fuller longer just like oatmeal. High in iron and calcium.*

*Eggs – Compared to most carbs and fats, protein keeps you satisfied longer making you leaner and helps you lose unnecessary weight. Tip: Add bell peppers and onions to your eggs for an extra boost of nutrients.*

Breakfast can make a world of difference for your day or even your week, so make the smart and healthy choice by not skipping it!

Breakfast is served at the ADC, Wanda's, and Brisco's from 7:00AM – 10:30AM.