

THE STALL STREET JOURNAL



Time to Reset Your Sleep Routine ✨🌙

Mardi Gras followed closely by midterms is a perfect recipe for sleep disruption. If your routine took a hit over the past few weeks, now is a good time to reset.

Even one night of inconsistent sleep can affect your ability to focus, retain information, and make decisions — all essential to academic and personal success. Sleep also plays a critical role in physical recovery, emotional regulation, and overall health.

If you're ready to get back into a consistent routine, below are some small but meaningful steps to take.

Try these sleep-supporting habits from the National Sleep Foundation:

- **Get daylight exposure.** Aim for about an hour of bright light during the day to help regulate your sleep-wake cycle.
- **Move your body.** Around 30 minutes of

activity most days can improve sleep quality.

- **Keep meals consistent.** Eating on a regular schedule helps your body stay in sync.
- **Limit sleep disruptors.** Avoid heavy meals, caffeine, nicotine, and alcohol a few hours before bed.
- **Create a wind-down routine.** Build a consistent evening habit that helps you transition to sleep, such as dimming the lights, reading, listening to calming music, or drinking caffeine-free tea.
- **Optimize your sleep space.** Keep your room cool, dark, and quiet, and limit screen use before bedtime.

If these strategies don't improve your sleep, or if you're concerned about ongoing sleep challenges, Campus Health providers are here to help. Call **504-865-5255** to make an appointment or schedule through the **Patient Portal**.



TUPHE FEATURE

Protection 101: Know Your Barrier Methods

You may already know about the free condoms and safer sex kits available across campus — but do you know what the different barrier methods are and when to use them?

Safer sex isn't one-size-fits-all. Choosing the right barrier method can improve both protection and comfort. Here's a quick guide to options students can access on campus:

- **Unflavored external condoms** are designed for vaginal and anal sex and help protect against both pregnancy and STIs. Across campus, there are 10 different types available, with options for different fits and textures.
- **Flavored external condoms** are intended for oral sex. Because many contain added sugars, they may increase the risk of irritation or yeast infections and are not recommended for vaginal or anal sex.
- **Nonlatex external condoms** provide an alternative for individuals with latex allergies or sensitivities while still protecting against pregnancy and STIs.

- **Dental dams** are thin latex or non-latex sheets used during oral sex on a vulva or anus to reduce STI risk. Nonlatex dental dams are newly available at safer sex kit locations.

Every safer sex kit also includes water-based lubricant, which reduces friction, lowers the risk of condom breakage, and increases comfort.

Tulane University Peer Health Educators (TUPHEs) restock these resources weekly in residence halls, the Campus Health Pharmacy, the Reily Center, the LBC, and other campus locations.

Take charge of your sexual health by knowing your options and choosing what works best for you.

Scan the QR code to view the Campus Health Wellness Map and find the nearest safer sex kit location.



Train to Step Up in an Emergency

Tulane EMS offers hands-on emergency response trainings and certification courses for students, including Narcan Administration and Basic Life Support (BLS) CPR.

Whether you're building foundational skills or pursuing certification, these sessions are designed to help you respond confidently in critical situations.

Scan the QR code below to learn more about available trainings and how to sign up.

