



Are you tired of being tired?

Prioritizing sleep when there is a lot going on can be difficult, but taking steps to plan for a good night's rest can help you thrive personally, professionally, and academically. In fact, according to the Fall 2021 National College Health Assessment, nearly 1 in 4 college students experience negative impacts to their academic performance due to sleep difficulties. When lack of quality sleep begins to impact your day-to-day functions, it's time to act. The benefits of a good night's sleep include mental and physical restoration, improved focus, regulated emotions, and retained memory.

How do I know if I am getting enough sleep?

The general recommendation for adults aged 18-64 years old is 7-9 hours of sleep per night. However, everyone is different, so explore what works best for you and your body. You can utilize sleep logs or sleep tracking apps to gain an understanding of your average number of hours of sleep and evaluate if it is sufficient. Some warning signs of poor sleep are:

- Irritability
- Difficulty making decisions
- Fatigue or feeling tired throughout the day
- Eating more or less than usual
- Decreased attention or concentration
- Puffy or red eyes

10 Tips For Getting Better Sleep

1. Exercise for at least 30 minutes during the day, but not 2-3 hours before bedtime
2. Avoid caffeine, alcohol, nicotine, and large meals a few hours before bed
3. Create a sleeping environment without loud noises, bright lights, or technology by utilizing your phone's Night Shift settings, ear plugs, and eye masks
4. Practice mindfulness throughout the day and before bed
5. Set a calm alarm at night to prompt your transition to bedtime
6. Try to go to bed and wake up around the same time every day
7. Limit mid-day naps to 20-30 minutes
8. Spend a few minutes writing down your racing thoughts in a bedside journal
9. Practice gentle yoga or reading if you are experiencing restlessness at bedtime
10. Consult a professional if sleep difficulties persist. Contact the Counseling Center or The Health Center for a consultation.



TUPHE FEATURE

Prioritize Rest and Self-Care During Spring Break



What is the first thing that comes to your mind when you hear "spring break"?

For some, it may be going on a getaway

vacation with friends, time at the beach, time to get away from schoolwork, or even lying in bed all day bingeing your favorite Netflix show! While Spring Break can be all these things, it is important to remember that it is a BREAK. Rather than adding to your already busy schedule, it is crucial to set aside YOU time and utilize the restful nature of the academic break. Spring Break is an excellent time to get some rest and practice self-care techniques. Some ways to ensure you schedule rest and self-care time could be to practice activities such as:

- Trying a new restaurant or recipe
- Getting some exercise
- Getting plenty of sleep
- Getting organized for the rest of the spring semester
- Starting a new book
- Catching up with family and friends
- Prioritizing your needs
- Catching up on a television show

With the busy nature of the spring semester at Tulane involving Mardi Gras and academic vigor, it is essential to get in this rest time to be ready to finish the semester strong! Since spring break is quickly approaching, and as you plan your break, set aside some time for these rest and self-care activities or even create some of your own. What will you do to get rest and practice self-care during spring break?

Deep dive into sleep at **Snooze Fest** on March 18th from 11 a.m. to 3 p.m. on McAllister. **Snooze Fest** is an opportunity to learn more about sleep through engaging activities and enter to win giveaway items like ear plugs, white noise machines, sunrise clocks, and more!

March is national nutrition month

Give intuitive eating a try

Intuitive eating is an eating philosophy that encourages following your intuition and eating what makes you feel good. Intuitive eating has been associated with better body image, higher life satisfaction, and increased optimism. Intuitive eating has 10 principles:

1. **Reject the diet mentality.** Diet culture is damaging. Focus on maintaining your mental and physical health instead of weight loss.
2. **Honor your hunger.** Nourish your body with adequate calories. Once you're excessively hungry, eating consciously becomes harder.
3. **Make peace with food.** Give yourself unconditional permission to eat. Restricting food groups can lead to feelings of deprivation that build into uncontrollable cravings.
4. **Challenge the food police.** Reject thoughts that represent unreasonable rules about eating. Your worth has nothing to do with the food you eat.
5. **Discover the satisfaction factor.** Eating what you want is pleasurable, and your pleasure can help you feel satisfied and will help you discern when you're full.
6. **Feel your fullness.** Eat slowly and pause occasionally to ask yourself how the food tastes and what your current hunger level is.
7. **Use kindness to cope.** Try addressing the causes of your emotions and developing productive coping mechanisms.
8. **Respect your body.** Practice self-care and work on developing a loving relationship with your body. All bodies deserve dignity.
9. **Focus on movement.** Shift your focus from calorie-burning to the joy of movement. Notice how movement affects your mood and energy level.
10. **Practice gentle nutrition.** Make food choices that honor both your health and tastebuds.

live well Highlight



Reily Center - Free Fitness Assessment and Orientation

March 15 | 3 to 5 PM

- Get one-on-one time with a personal trainer who will introduce you to strength equipment and provide a body composition analysis, and flexibility, strength, and heart-rate evaluations.