

Sleep

HEALTH TIP #11
November 3, 2014



Hi I-House,

Before discussing this week's topic, I'd like to address the issue of restroom cleanliness. Allow me to quote my lovely colleague Roxanne:

"On that note, I'd like to encourage . . . anyone in the future, please try to clean up at least as much . . . as you can yourself. I apologize if this sounds harsh, but it is truly not fair to our I-house janitors - extremely kind and hardworking individuals - to wake up early on a Sunday morning to clean up another person's vomit. It is indeed their job to maintain the general health and safety standards of our facilities - but it is also demeaning and disrespectful to completely leave this kind of stuff to them.

Party and have fun and be safe - but also try and remember that this is a shared living environment. We are privileged to have a custodial staff cleaning our home everyday, but we can all also try to play a small part in keeping it clean ourselves" (Rahnama 2014).

Listen to Roxanne – she is wise. Please clean up after yourself, whether it be vomit, flushing the toilet (there's a button on the side, you can press it with your shoe or other object of choice), properly disposing of feminine hygiene products, beard clippings, et c.

Ok, now let's talk about... →

SLEEP!

The amount of sleep each of us requires is an individual matter. Some people feel rested with 5-6 hours of sleep; others need 9-10 hours. Generally, most adults sleep 7-8 hours in a 24-hour period. Since no research indicates that a particular amount of sleep is needed, whatever makes you feel refreshed and alert is considered adequate.



Here are some tips from the Tang Center: **1) try to set a consistent time to go to sleep and to wake up.**

2) Turn clocks around so you can't see them when you are trying to fall asleep.

3) If you feel you have been in bed for 20 minutes and are still not falling asleep, get up and out of bed and go sit somewhere else to do a calming activity like reading or writing (not something activating like browsing websites online).

For more tips, visit this website:
<http://www.uhs.berkeley.edu/students/counseling/Articles/sleep.shtml>

RESOURCES YOU CAN USE:

- Advice Nurse: (510) 643-7197
- Appointments: (510) 642-2000
- Physical Therapy by referral: (510) 642-0607
- Specialty Clinics by referral: (510) 643-7177

TANG CENTER

2222 Bancroft Way, Berkeley CA 94720
UCPD Emergency (24/7): (510) 642 - 3333
Appointments (M-F 8-5): (510) 642-2000
Advice Nurse (M-F 8-5): (510) 643-7197
Self-Care Resource Center: (510) 642-7202
POLICE: 9-1-1
Reminder: all students can use Tang even if they waived out of Student Health Insurance Plan (SHIP)

Health Tips are written by I-House Health Workers for I-House residents. But many of these tips may be applicable to all international students at UC Berkeley.