Is Sleep Deprivation Making You a Negative Person?

Researchers may now be able to explain why you find yourself in a ‘foul mood’ when you’re a little sleep-deprived. Many of us have confirmed by experience what science had found through research. That sleep deprived people are more unforgiving, uncaring, and intolerant than usual, are more easily frustrated, and are less able to appreciate humor. Recent studies have found that the specific area of the frontal lobe that helps us filter out negative thoughts is impaired when we don’t get enough sleep. When sleep-deprived people were asked to recall a list of words they were shown, they had no trouble recalling the ‘negative’ words. Not so with the neutral and positive words. Under the sleep-deprived condition, they tended to forget those words. Yikes! It’s certainly no excuse for bad behavior when you miss a little shut-eye. But it is another good reason to be sure we get the sleep we need.

Sleep Well, Feel Better!

Last month we discussed the importance of sleep, but the question of how to sleep better still remains. Here are some helpful tips to get the rest that your mind AND body needs.

- **Make sure your bed and bedroom are quiet and comfortable.** A hot room can be uncomfortable. A cooler room along with enough blankets to stay warm is recommended. If light in the early morning bothers you, get a blackout shade or wear a slumber mask. If noise bothers you, wear earplugs or get a "white noise" machine.
- **Take a hot bath 90 minutes before bed time.** A hot bath will raise your body temperature, but it is the **drop** in body temperature that may leave you feeling sleepy. Read about the study done on body temperature below.
- **Refrain from exercise for at least 4 hours before bedtime.** Regular exercise is recommended to help you sleep well, but the timing of the workout is important. Exercising in the morning or early afternoon will not interfere with sleep.
- **Develop sleep rituals.** It is important to give your body cues that it is time to slow down and sleep. Listen to relaxing music, read something soothing for 15 minutes, have a cup of caffeine free tea, do relaxation exercises.

Sleep Myths

1. You can "cheat" on the amount of sleep you get. When we don't get adequate sleep, we accumulate a sleep debt that can be difficult to "pay back" if it becomes too big. The resulting sleep deprivation has been linked to many health problems.

2. Daytime sleepiness always means a person isn't getting enough sleep. The condition, which can occur even after getting enough nighttime sleep, can be a sign of an underlying medical condition or sleep disorder such as narcolepsy or sleep apnea. These problems can often be treated.

Phase II – Messiah Goes to the World Cup

Here are the links that will help you get signed up for the 2nd phase of messiah’s physical activity program. You do the exercise on your own, but log it on a common internet site. Join the fun! So far we’ve accumulated 6886 miles of exercise, and symbolically ‘sent’ 6 of our women soccer players to next summer’s World Cup in Canada. More details can be found at the wellness website: http://www.messiah.edu/info/20897/wellness

WALK II  RUN II  CYCLE II  SWIM II  EXERCISE II

Upcoming November Workshops You Won’t Want To Miss!

**November 12 - Did the Cavemen Eat Gluten? ...Should We? Understanding the Paleo and Gluten Free Diets**
  **Presented by: Elizabeth Borders, Kaitlin Gill, Trevor Stutzman, Meghan Zook**

**November 19 - Nutrition Misinformation: How to Identify Misleading Claims**
  **Presented by: Kelly Delew, Brittany Horst, Jennifer Myer**

Both workshops will be held in Parmer Cinema. Employees earn 15 wellness points for each workshop attended.