While alcohol is a depressant and may make those that consume it feel tired, studies have shown that it causes numerous negative effects on your sleep; which can poorly impact your academic and athletic performance. Alcohol consumption, even in small amounts, can significantly disrupt the rapid eye movement (REM) cycle of sleep. The REM cycle is where individuals dream and produce the highest amounts of HGH, known specifically as Human Growth Hormone. HGH is a naturally occurring hormone released by the brain into the bloodstream that is essential to the repair and restoration of human tissues. Without adequate rest and proper sleep cycles, the body is unable to recover effectively after physical exertion.

### How does alcohol impact sleep?

While alcohol is a depressant and may make those that consume it feel tired, studies have shown that it causes numerous negative effects on your sleep; which can poorly impact your academic and athletic performance.

**Reaction time and immune system function have shown significant reduction in as little as 4 hours of sleep deprivation.**

If student-athletes are not consistently getting enough sleep, they can be altered mentally and emotionally. Lack of sleep can also cause stress, increase depression rates, fatigue, and confusion. Developing a routine each night before sleep consisting of stretching, hydrating with water, and reducing mental stimulation to increase relaxation can help increase overall health.

### Circadian Competition:

How is lack of shut-eye during the week spoiling your athletic performance?

Sleep is important for the overall performance, mental state, and mood of all individuals. More specifically, collegiate student-athletes should ultimately strive for seven to eight hours of uninterrupted sleep per night. Harder said than done, we know! Better sleep will help student-athletes prepare mentally for the academic rigors of class and physically recover from activity and competition.

The state of physical sleep can be charted in several circadian cycles. The two most commonly known broad types are non-rapid eye movement (NREM) and rapid eye movement (REM). You should enter several waves of NREM and REM sleep each night; between 4 and 5 waves. If student-athletes are suffering from sleep deprivation or poor sleep habits (i.e. altering sleep periods significantly each night), the number of these waves decreases, which in turn can negatively affect athletic performance.

Brought to you by the Endicott College Department of Athletic Training

Special Contributions from ATEP Seniors Kevin Kosiorek, Maurisa Ollari, Jared Tucker
AGAINST COLD + FLU

1. Keep your hands clean by washing **thoroughly** with soap and warm water or using an alcohol-based sanitizer routinely.
   - Most operating rooms require singing “Happy Birthday” twice while physicians scrub in!

2. **Encourage** appropriate hygiene amongst the teammates, roommates, family, and friends.
   - If you have been sick, be sure to wash your bedding and towels in hot water and replace your toothbrush!

3. **Avoid** sharing personal items with others (towels, razors, daily athletic gear, food, and drinks). **Minimize** contact with your mouth, face, and eyes. Cover your nose and mouth when coughing or sneezing. Germs spread easily!

4. **Maintain** clean space and equipment.
   - Wash athletic gear and towels **after each use** with an EPA registered detergent.
   - Utilize disinfectant on hard surfaces (desk, door handles, etc.) in your residence halls.

5. **Maintain** a well balanced diet. Eat a variety of healthy, colorful foods.
   - Proper hydration will help to thin congestion in your head and chest.
   - If you are sick with no appetite, utilize the BRAT diet (Bananas, Rice, Apple Sauce, and Toast) to give your body fuel to fight illness!

6. **Get proper rest.** Harvard studies show those whom sleep more when fighting an infection are better able to fight infection than those whom sleep less.
   - Get at least 7-8 hours of sleep a night!

Seek out help at Family Medicine Associates in Lower Callahan Center Office 118 for flu shot or treatment of illness. Contact them at 978-232-2104.
With late practices on top of a full course load, it can be challenging for student-athletes to attain the proper level of nutrition they require. Here are some helpful tips for healthy eating on and off campus!

First and foremost, it is vital to make time within your busy class and internship schedule to eat. Especially as a student-athlete, you need proper nutrients in order to function at a high level. If a meal is skipped, athletic performance, as well as personal health, will suffer. Always make time to eat, even if it’s a snack on the go. Get creative and prepare the night before! Nuts, seeds, fruits, or granola are proper snacks to sustain energy throughout the day until the next meal.

It is also important to note what you, as a student-athlete, are eating. While it is vital to life to eat, it is equally as important to eat correctly. While candy bars and chips are quick and easy, they will not fulfill the necessary dietary needs of a successful student-athlete. Protein and carbohydrates are essential to athletic performance; utilize chicken or hummus and fruits/vegetables for a colorful and lite meal. As tempting as a quick piece of pizza and a handful of fries is, grilled chicken, a fruit smoothie, a salad and rice will allow you to feel satisfied, and your body will be able to perform at a higher physical level without the “over-full” feeling.

There are plenty of on and off campus options that can help student-athletes obtain the nutrients they need. The Callahan Center has healthy options and stays open until 8PM. The take-out option still exists, meaning individuals can take food to go, and bring it back to their room if they don’t have time for a sit-down meal during the day.

The AC Café is open for lunch with ready-made sandwiches and healthy options that can curb hunger. For off-campus options, Panera Bread, Wrrapture, Subway and Vidalias are just a few of the countless healthy options off campus.

DID YOU KNOW?
Kerry Cameron serves as the Campus Dietitian and has a passion for Sports Nutrition. She is on campus Wednesdays during the academic year. Contact her for information or appointments. 978-837-3599 kerry.cameron@sodexho.com
**RED LIGHT**

Full of energy but have little to no nutritional value.
High in saturated fat, added sugar, processed oils, and salt.
Low in fiber, vitamins, and minerals.
Eat examples of these seldom!

- Deep Fried ANYTHING!
- 100% Fruit Juice (commercially sold)
- Sweet pastries, donuts, sugary cereals
- Processed meats, most deli meats, hamburger patties, hot dogs, chicken nuggets and patties
- Sour cream, cream cheese, ice cream, cheesecake, frozen yogurt
- Potato chips, flavored & salted crackers, confectionery & liquorices
- Pesto, aioli, jam, honey, nutella, pies, pastry, and other sugar related items

**CAUTION! YIELD!**

Decent energy levels and limited nutritional value.
Moderate levels of saturated fat, added sugar, and salt.
Eat examples of these in moderation; as part of some meals but not most!

- Stir fried vegetables
- Dried fruit (usually full of added sugar)
- Plain white breads, processed cereals, most muffins and bagels
- Ground beef, processed ham, bacon, corned beef
- Salted Nuts, fried egg
- Full fat dairy (milk, custard), some hard & soft cheeses
- Margarine, oil-based spreads, fresh flavored popcorn

**YELLOW LIGHT**

GO! GO! GO!

High nutritional value.
Naturally low in saturated fat, sugar, salt, and oils.
An important source of fiber, vitamins, and minerals.
Eat examples of these often or mostly!

- Vegetables (fresh, frozen, canned)
- Fruits (fresh, frozen), canned fruits (in juice; not syrup!)
- Wholegrain bread, wholegrain pasta and rice
- Lean Beef, lean pork, skinless chicken, fresh fish, canned tuna
- Plain or roasted nuts & seeds (not salted), baked beans (check sodium content 1ˢᵗ)
- Tofu, chickpeas, split peas, lentils, hummus
- Low fat milk, low fat yogurt, plain popcorn (not microwave)