**Upcoming Campus Events:**

**Wellness Wednesdays:**
- **Gonorrhea and Chlamydia testing:**
  - Mar. 2; SMC Reighard Multipurpose Room; 4–5 p.m.
- **Her Carnival:**
  - Mar. 6; Outside SMC University Store; 11 a.m.–1 p.m.

**Information Table:**
- **Student Resources with Wellness Advocate:**
  - Feb. 24; Winter Center Claire Performance Hall; 4–5 p.m.
- **Birthday Party Outreach:**
  - Feb. 28; Outside SMC University Store; 11 a.m.–1 p.m.
- **Contraceptive Corner (free contraception):**
  - Feb. 26; Outside SMC University Store; 11 a.m.–1 p.m.

**Black Heritage Month Featured Event:**
- **Cocaine Outreach:**
  - Feb. 25; SMC Galley; 7–8 p.m.

**Health Services Testing Fees:**
- Gonorrhea, Chlamydia, HIV and Syphilis: $40
- Gonorrhea and Chlamydia: $15
- HIV and Syphilis: $25 • HIV: $15 • Syphilis: $10
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**Sleep to Your Mental Well Being:**

Individuals who lack sleep are 18 times more likely to have clinical depression and 17 times more likely to have clinical anxiety. The average college student only gets about 5 to 6 hours of sleep every night. However, studies show that individuals need approximately 7 to 9 hours of sleep every night. To be at the top of your game, follow a few of the recommendations below to ensure you get regular, quality sleep — even if it isn’t the recommended 8 hours or more.

**Recommendations to improve your sleep:**
- Create a nighttime routine by repeating the same process every night. For example, shower first, brush your teeth, read, and then sleep.
- Avoid drinking caffeine after 3–4 p.m., as its effects can last up to 6 hours.
- Stop drinking liquids about 1 to 2 hours before bed, so that you are less likely to wake up during the night.
- Increase natural light exposure during the day and decrease blue light exposure at night.
- Set consistent times to wake up and go to sleep, as our bodies rely on consistency for a regulated circadian rhythm.
- Avoid smoking cannabis, because it can decrease REM sleep, create sleep fragmentation and increase slow-wave sleep.

Sources: [https://www.health.harvard.edu/newsletter_article/sleep-and-mental-health](https://www.health.harvard.edu/newsletter_article/sleep-and-mental-health)

**Student Spotlight:**

**LISA CONOLLY**

Major: Sociology

**“I became a peer educator for the opportunity to connect with my peers about important topics that can sometimes be hard to talk about.”**

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**The Importance of Sleep to Your Mental Well Being**

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