The Mission of the Student Medical and Counseling Clinic can be succinctly summarized by a couple of sentences. The Clinic is dedicated to supporting and enhancing the physical and psychological well-being of the students at Central Washington University. By providing integrated health care services, our goal is to support each student’s academic success, maturational development, and responsible citizenship. Although the primary focus is the well-being of the individual student, by caring for the individual student we support the population health of the student body and, as a result, support the learning environment of the university as a whole.

In September, 2012, the clinic “went live” with a new scheduling system. There are some features of the scheduling system that will open up new opportunities for appointments, reminders, and receipt of billing statements. The clinic is moving forward with enabling on-line scheduling of Same Day appointments. Access to appointments will be through the Student Medical and Counseling Clinic website. The CWU student user name and password will be required to enter the appointment portal. Once in the On-Line Student Health portal, students will be able to search and schedule Same Day appointments. Needless to say, the earlier a search is done for a Same Day appointment the more likely it will be that a student will be able to find one that fits their schedule.

We will also be sending appointment reminders via the CWU email. Because no shows for appointments results in lost appointment availability for other students in need of appointments, we are hoping the reminders will decrease the no show rate. Additionally, a no show fee may be charged to the student account if the student does not call ahead to cancel the appointment. It thus becomes critical that students monitor their CWU email account for reminders.

As the year progresses, we will inform students of the features as they come on-line. Several of the features are under development and we anticipate they will be turned on as fall quarter progresses. Our hope is that the new features will result in more efficient and effective provision of medical and counseling services. For reimbursement and expenses because postage costs the clinic thousands of dollars a year. We are moving in the direction of sending the billing statements to the CWU student email account. Thus, students that want to print the statement and submit to their insurance company can do so and those that just want to view the statement can do so.

Finally, the new scheduling system will also enable students to update their immunizations on-line and we will have links for medical and counseling information.
medications that act as stimulants, non-restful night’s sleep. If you are on then lead to frequent arousals and a following consumption, but it can sedative effect for the first few hours sleep, but may also cause frequent not only cause difficulty initiating sleep are significant. Caffeine may So the chances of it affecting caffeine has a half life of 13 hours! alcohol, and other stimulants.

1. Wake up at the same time each day. It is tempting to sleep late on weekends, especially if you’ve had poor sleep during the week. However, if you suffer from insomnia you should get up at the same time every day in order to train your body to wake at a consistent time.

2. Eliminate nicotine, caffeine, alcohol, and other stimulants. Caffeine has a half life of 13 hours! So the chances of it affecting sleep are significant. Caffeine may not only cause difficulty initiating sleep, but may also cause frequent awakenings. Alcohol may have a sedative effect for the first few hours following consumption, but it can then lead to frequent arousals and a non-restful night’s sleep. If you are on medications that act as stimulants, such as decongestants, medicines for ADD, steroids, or asthma inhalers, ask your doctor when they should best be taken to help minimize any effect on sleep.

3. Limit naps. Listen to this one: NAPS KILL SLEEP PATTERNS! It is important to establish and maintain a regular sleep pattern and train yourself to associate sleep with cues like darkness and a consistent bedtime.

4. Exercise regularly. Regular exercise can improve sleep quality and duration. However, exercising immediately before bedtime can have a stimulant effect on the body and should be avoided. Try to finish exercising at least three hours before you plan to retire for the night.

5. Limit activities in bed. The bed is for sleeping and having sex, and that’s it. If you suffer from insomnia, do not balance the checklist, study or make phone calls, for example, while in bed or even in the bedroom, and avoid watching television, or listening to music, or texting. All these activities can increase alertness and make it difficult to fall asleep.

6. Do not eat or drink right before going to bed. Eating a late dinner or snacking before going to bed can activate the digestive system and keep you up. If you suffer from gastroesophageal reflux (GERD) or heartburn, it is even more important to avoid eating and drinking right before bed since this can make your symptoms worse. In addition, excessive drinking prior to bed can overwhelm the bladder, requiring frequent visits to the bathroom.

7. Make your sleeping environment comfortable. Temperature, lighting, and noise should be controlled to make the bedroom conducive to falling (and staying) asleep. Your bed should feel comfortable and if you have a pet that sleeps in the room with you, consider having the pet sleep somewhere else if it tends to make noise in the night.

8. Get all your worrying over with before you go to bed. If you find that you lay in bed thinking about tomorrow, get up and move away from your bed. The goal is to avoid doing these things while trying to fall asleep. Set aside time in your day to devote to list making/review of potential problems and organization. Take deep breaths, and reduce your anxiety over things you can’t control.

9. Reduce stress. There are a number of relaxation therapies and stress reduction methods you may want to try to relax the mind and the body before going to bed. Examples include progressive muscle relaxation (perhaps with audio tapes), deep breathing techniques, imagery, meditation, and biofeedback.

10. Consider participating in cognitive therapy. Cognitive therapy helps some people with insomnia identify and challenge inappropriate thoughts and beliefs that may contribute to insomnia. Cognitive therapy can also give people the proper information about sleep norms and age-related sleep changes, and help set reasonable sleep goals, among other things. The staff at the Student Medical and Counseling Clinic are able to help you with this, and many other health concerns, which may be interfering with your rest. Come see us!

Stress is often caused by the way we think about a problem rather than the problem itself. Examples include trying to solve too many problems at once, only focusing on solutions outside of your control, or even setting expectations for yourself that are too high or unreachable.

Use your senses to soothe

Vision: notice the details of a picture or a beautiful painting. Take a walk and admire nature.

Hearing: listen attentively to your favorite music. Go outside and see how many different sounds you notice.

Smell: notice the different smells around you. Light a scented candle.

Taste: eat your favorite food or treat, and savor each bite slowly, notice the change in flavors.

Touch: wrap yourself in a soft blanket. Play with your pet.

Scientific data shows memory and recall are best when you achieve adequate REM or dream sleep. This is when facts are imprinted on your brain. Your ability to recall that fact is directly related to your sleep obtained that very night! Unfortunately, if you’re not getting enough zzzz’s your chances for good REM sleep are poor. And that means all the effort, money and time you’re spending on this great college education may not be as good, as it could be! So….if you’re suffering from insomnia, there are many steps you can take to change behaviors and lifestyle to help you get to sleep. Here are some tips for when you’ve hit the sack:

1. Wake up at the same time each day in order to train your body to wake at a regular sleep pattern and train yourself to associate sleep with cues like darkness and a consistent bedtime.

2. Exercise regularly. Regular exercise can improve sleep quality and duration. However, exercising immediately before bedtime can have a stimulant effect on the body and should be avoided. Try to finish exercising at least three hours before you plan to retire for the night.

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