



Welcome to the latest edition of The Junction's

E-ZINE



**The Junction – Young People Health and Wellbeing
82-86 Great Junction Street, Edinburgh EH65LL**

The **E-ZINE** is a monthly wellbeing information bulletin for young people in Leith and North East Edinburgh. It tells you about The Junction and the services we provide, including stuff like when we are open and what's on.

You can also find out **much more** at our new and improved **website**

<http://the-junction.org/>

THIS MONTHS HOT TOPIC - SLEEP

1 SLEEP DEPRIVATION STATISTICS



Only 24% of students reported getting an adequate amount of sleep each night.

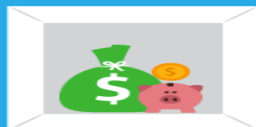
Of these students, 20.8% reported getting 8 or more hours of sleep each night.

54.8% reported getting less than 7 hours of sleep.

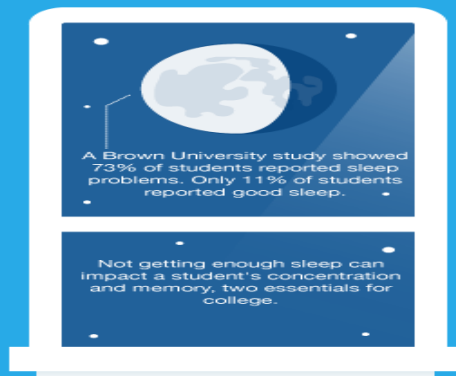
Sleep deprivation has been linked to lower GPAs.



A study at St. Lawrence University in New York revealed that 2/3 of students had pulled at least one all-nighter during a semester.



Financial concerns, time management, and stress are the main reasons why students don't sleep.



A Brown University study showed 73% of students reported sleep problems. Only 11% of students reported good sleep.

Not getting enough sleep can impact a student's concentration and memory, two essentials for college.



Students who get A's and B's sleep 35 minutes more each night than those who get D's and F's.

College students who suffered from insomnia in the past three months:



2 HOW TO GET BETTER SLEEP

A good night's sleep means setting up the proper bedtime ritual to get the best sleep possible. Here are some of the study's suggestions on what to do and what to avoid:



Avoid going to bed and getting up at different times.



Restrict caffeine, alcohol and nicotine within one hour.



Avoid intense exercise within one hour of bedtime.



Write out worries in a personal journal to relieve stress.



Be physically active each day.



Avoid long naps — a 15-minute "power nap" is enough.



Avoid games and social networking that keep you alert.



Avoid studying, reading, eating or watching TV in bed.



Eliminate too much light in the bedroom. Keep it low lit.



Use the bed for sleep, not for studying for exams.



Set up a comfortable and quiet sleeping environment.



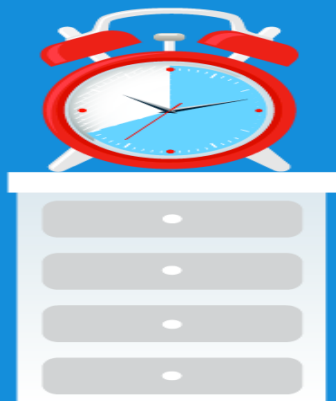
HOW MUCH SLEEP DO WE NEED?

Most adults need seven to eight hours of restful sleep per night.

If that doesn't seem right for you, track when you naturally fall asleep and wake up without an alarm clock. That may help give you an idea of how many hours you need.

CAN I OVERSLEEP?

Oversleeping can lead to similar problems as sleep deprivation. It has been shown to increase the risk of heart problems, obesity and cognitive impairment.



3 HOW DOES SLEEP HELP?



Your body fights off common infections by releasing hormones.



Energy expended during the day is restored.



Your brain is actively working to create new pathways.



Your heart rate and blood pressure is reduced.

4 HOW TO EAT BETTER FOR SLEEP

If you eat the right foods, sleep may come easier at night. Here are a few tips.



DON'T SKIMP, THEN SPLURGE

Skipping midday meals can throw off your body's normal sleep pattern.



EAT EARLY AND OFTEN

Nutritious foods help your body maintain hormonal balance.



STRIKE THE PROPER BALANCE

A diet with foods high in B vitamins, calcium, and zinc will help you rest.



DON'T BE A PARTY VICTIM

Avoid fatty and spicy foods, which spark indigestion and reflux.



GO HERBAL WITH CHAMOMILE TEA

This tea acts as a mild sedative, which helps calm your body to sleep.

Walk-In Appointments

At **Walk-in** appointments, a worker may be able to see you straight away or will try to give you an appointment for later that day.



The Junction is a free, confidential service for anyone 12-21. You can talk to a worker about anything that is affecting your life.

We provide the following sexual health services: C:card, Chlamydia Testing and Pregnancy Testing.

Our **Drop-in** service is also available at the following times:

Wednesday 4.30 -7.30pm

Friday 2-5pm

Need more information? Contact us:

82 - 86 Great Junction Street. Edinburgh, EH6 5LL

Tel: 0131 553 0570 Text: 07758 348 850

info@the-junction.org www.the-junction.org



WHATS ON?

Weekly Yoga Class



The Junction now runs a WEEKLY YOGA CLASS for local young people in Leith and North Edinburgh, aged 12 - 21.

six week block
started 31st October -
still space available

Fridays 12.45pm - 1.45pm
with a qualified Yoga Instructor

*"I really enjoyed the class, it was much easier than I imagined.
At the end of it I felt much calmer and had more energy."*



There can be lots of benefits from doing yoga regularly...

Mentally: it can increase concentration, memory and creativity

Emotionally: it can give you a sense of calm, help reduce stress and anxiety

Physically: it can improve flexibility, strength, coordination and relieve muscle tension


Class places are limited, so you need to book in advance. If you fancy trying yoga speak to any of the Junction Staff and they can give you more information.

Top Yoga Tips

- * wear comfy clothes you can stretch in
- * try not to eat for an hour before class
- * just enjoy it!

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