Theories link lack of sleep, obesity

Dr. Brenda Higgins, director of the Student Health Center, said a few theories link the lack of sleep and obesity, but none are proven.

"Some of the theories include [that] short sleep has an impaired ability to dispose of glucose using insulin, that weight gain may be a psychological response to the stress hormones cortisol, or it may just be a lack of energy, and concludes the person to not eat if they have enough calories for the day," she said.

Research that gets two hours of sleep each night is 50 percent more likely to be obese compared to those who get seven to nine hours of sleep each night, according to a recent Columbia University study.

Most students say they believe they simply cannot be too busy sleeping during the week, which is not true.

"If you give eight hours of sleep each night, that's the minimum for the body to function at its best capacity," she said.

"The lack of sleep means more problems in the morning. You will feel a lot less productive and lack energy and will find it harder to focus on your studies," she said.

"[Sleep] makes you more focused and enables you to process the data you need to prepare for upcoming tests," she said. "Without sleep, you won't be able to exercise effectively or lose weight."

"Sleep is one of the easiest things to do, but the results may take a little while to appear," she said.

HIV Infection and AIDS in the United States

The tramline and Kirkville classes have a chance to learn about changing cultural practices in the United States.

According to the Centers for Disease Control and Prevention, 1 million people are living with HIV in the United States. More than 39,000 people were diagnosed with HIV in 2004, and 1,185,000 people were diagnosed with AIDS in 2004, with 440,887 male-to-male sexual contacts. The number of people who have died of AIDS since 1981, 929,985.

**At the end of 2003, 3,109,000 to 14,000,000 people in the U.S. were living with HIV/AIDS.**

**In the year 2003, the estimated number of AIDS diagnoses was 929,985.**

**749,887 male**

**170,679 female**

**9,149 children under 13 years.**

**Exposure to:**

- 440,887 male-to-male sexual contact
- 149,987 heterosexual contact
- 246,446 injection drug use

**Exposure in children:**

- 8,749 through birth
- 670 other

*Source: www.cdc.gov*

**HIV Counseling and Testing**

- Monday to Sunday 8 a.m. to 8 p.m.
- 401-604-4066

**Nursing class fosters awareness through” Red Ribbon Week” screen- ing activities**

Maggie Waggie

The Truman and Kirkville communities will have a chance to learn about changing cultural practices in the United States.

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