Sleep Hygiene

Sleep hygiene is like any other hygiene. It is a set of practices that can help you stay healthy. Just like brushing your teeth is good for dental hygiene & showering is good for your personal hygiene, there are regular steps you can take to improve your sleep hygiene.

Avoid screen time, especially before bed. The blue light that comes from screens signals your brain to stay awake! Turn off your digital devices at least 1 hour before bedtime. Read a book instead.

Keep it cool & dark when you’re ready for bed. The ideal sleeping temp is between 65 & 72 degrees Fahrenheit. Also, light of any kind can signal your brain to wake up.

Avoid caffeine, chocolate & spicy foods for at least 4 hours before bed. This stuff can keep you up!

Get on a sleep schedule. Try to get on a regular sleep schedule. No matter what day of the week it is or what your plans are, wake up at the same time & go to bed at the same time every day. This helps train your brain to go to sleep when you’re ready & wake up on time.

Make a bedtime routine. This is another way to mentally prepare for bedtime. Think about unwinding with a mug of hot tea. Read or journal by candlelight. Meditate for 5 minutes. Whatever helps you relax.

Reset if you’ve been lying in bed awake for more than 20 minutes. Get out bed & sit in a dimly lit room for a few minutes. Meditate for 5 to 10 minutes or read something really boring like the phone book. Then go back to bed & try again.

United Black World Month at OSU

February is United Black World Month, aka Black History Month, and OSU is hosting a lot of cultural & educational events in celebration.

Kick off with the Keynote Address from attorney & political commentator Bakari Sellers who will speak about ‘Education, Civil Rights and Equality: Cornerstones for Our Future.’ This event will be held in the Ohio Union Performance Hall on 2/19 at 5:45pm. Free and open to the public.

Head to the MLK Lounge of Hale Hall on 2/21 at 7pm February 21 for Controversy Uncovered, a discussion of current topics in the media relating to politics, entertainment & social media trends. Questions will pop up on a screen & students will be given 5 minutes to discuss with assigned groups. Then they’ll reconvene with the whole group & share.

At 7 pm on 2/23, enjoy the Living Museum in the MLK Lounge of Hale Hall. A variety of performers will honor historical & contemporary African American Legends through song, dance, art & spoken word.
Ending Sexual Assault with MUNDO

MUNDO is an OSU Residence Life initiative and student organization for students who want to learn about and become involved with social change at the local, national and global level using service, learning, and leadership. On Friday (2/25) from 6:30pm to 8pm, MUNDO will host ‘Until It Happens to You,’ a session about preventing sexual assault on- and off-campus. This session is free and open to the entire OSU community. It will take place at Curl Viewpoint at 80 West Woodruff Avenue on North Campus.

This session will focus on how we all can work to stop sexual assault on campus and beyond. The workshop will provide tips, ideas & recommendations for making sure all individuals feel safe, valued & respected at Ohio State. This session will contain potentially triggering subject matter related to sexual assault.

If you can’t make it to MUNDO’s session, check out the info below about sexual assault on campus. Pretty scary, right?

But there are places you can go for help if you or someone else has experienced sexual assault. You can call 911 or contact SARNCO, a 24/7 sexual assault support line, at 614-267-7020. For support on-campus (during regular business hours) you can ask for an Title IX advocate at 614-247-5838 or request an emergency counseling session from CCS by calling 614-292-5766.

But what if you aren’t sure if someone is in trouble? RAINN recommends this simple 4-step process to prevent sexual assault:

C - Create a distraction. (Walk over & start talking.)
A - Ask directly. (If everything is OK.)
R - Refer to an authority. (Call 911, if someone won’t stop what they’re doing or leave.)
E - Enlist others. (If other people are around, let them know what’s going on.)

As always, your Ace! facilitators are here to support you and so is Karen, Ace! program manager, who can be reached on her cell at 614-307-8048.

ACE! Group Study Sessions
Stay caught up on your assignments in a quiet, distraction-free zone.
Facilitators on-hand to assist.
Sun., Mon. & Weds. 4-7P @ Thompson Library

SWAG
Tuesday, February 19 6-7:30PM
Learn about seeing things from the perspective of others and how to disagree respectfully.
Panera on Lane Avenue

SWAG
Tuesday, February 26 6-7:30PM
Learn about healthy relationships.
Panera on Lane Avenue

SWAG
Tuesday, March 5 TBA

Spring Break
March 10th – March 17th
No Ace! events. No classes at OSU or Columbus State.

Ace!
The Nisonger Center Social Programs
McCampbell Hall
1581 Dodd Drive
Columbus, OH 43210

Contact:
ACEprogram@osumc.edu
614-493-7572
Karen Krainz-Edison
Mobile: 614-307-8048