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Husky headlines: December 2011

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Husky Headlines



A monthly bulletin of news, facts & tips from OPEN

Using Prescription Stimulants to Study

- ◆ 'Study Drugs' is a term used to refer to the misuse of prescription medications that are prescribed to treat *Attention Deficit Hyperactivity Disorder*, or ADHD.
- ◆ The most common medications prescribed for ADHD are Adderal, Ritalin, Concerta, Focalin, and Dexedrine. **These medications should be used according to doctor's orders ONLY.**
- ◆ Misuse of prescription drugs includes: using higher quantities or taking more frequently than prescribed, taking other people's medication, altering the medication's delivery method (e.g. crushing & snorting), using a prescription in order to get high.

How Prescription Stimulants Effect the Body

- ◆ They act as *stimulants* by speeding up the activity of your nervous system.
- ◆ These prescription medications provide symptom management for individuals with ADHD.
- ◆ Taking without a prescription can have adverse side effects, such as: irregular heartbeat, problems with circulation, psychosis, severe depression, increased aggression, restlessness, & extreme agitation.
- ◆ **Using prescription stimulants with alcohol can increase the chances of alcohol poisoning by creating a false sense of sobriety so that you drink more than you normally would.**

Want to know more about Prescription Drugs?

- ◆ Check in with OPEN: the Office of Prevention and Education for confidential and personalized feedback. Our contact information is below.
- ◆ Contact UHCS: University Health and Counseling if you are concerned about yourself or a friend, 617-373-2772 or www.northeastern.edu/uhcs

Performing at Your Peak

It may seem obvious, but a good night's sleep means a lot. **Research shows that sleep plays a critical role in immune function, metabolism, memory, learning and other vital functions.**

- ◆ Not getting enough sleep — whether for one night or over the course of weeks has a significant effect on our ability to function and can have both short and long term consequences.
- ◆ **Short Term:** Lack of adequate sleep can affect judgment, concentration, mood, logical reasoning, ability to learn and retain information.
- ◆ **Long Term:** Chronic sleep deprivation can lead to a multitude of health problems including diabetes, cardiovascular disease, obesity, and even early mortality.

How can Alcohol and other Drugs Impact Sleep and Performance?

There are two kinds of sleep: Rapid Eye Movement (REM) sleep & Non-REM sleep.

◆ **REM sleep only makes up about 20-25% of the total time spent sleeping, but is the most important kind of sleep a person gets during the night.**



- ◆ REM sleep allows you to wake up feeling rested
- ◆ **Alcohol and marijuana use can both lead to reduced REM sleep, which can cause:** Memory loss, poor sleep quality, and interrupted sleep patterns; all of which can lead to poor performance.
- ◆ **Other drugs / substances can also interfere with sleep** on the day of use, as well as several days after the fact (e.g. caffeine, prescription medication, amphetamines, benzodiazepines & cocaine).

O.P.E.N.