



# INSIDE

## THE CLARION UNIVERSITY LIBRARIES



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We publish *INSIDE The CU Libraries* periodically, when classes are in session. Here we share information about our services and resources with the campus community. Current and back issues are available online through the NEWS link on the [Libraries' homepage](#).

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We are doing what we can to acquire more e-books and to make them available in formats that are easier for you to use.

If you have questions or need assistance, stop by the Libraries or call Carlson Library at 393-2490. Clarion Online distance education students may call toll-free at 866-272-5612, (press 5 for Library). Our Chat and other online services are available at the [Ask a Librarian! / LibAnswers!](#) link on our Website.

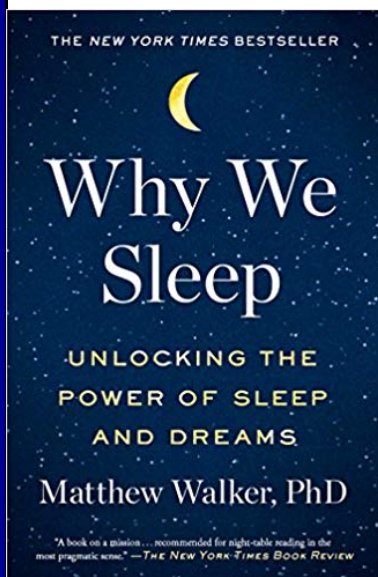
## Databases A-Z

[Search the Libraries' extensive collection of electronic journals and e-books](#)

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Dean of Libraries

## Carlson Library Browsing Books - Why We Sleep



***Why We Sleep: Unlocking the Power of Sleep and Dreams*** by Matthew Walker. Scribner, 2017.

“Using LED devices at night impacts our natural sleep rhythms, the quality of our sleep, and how we feel during the day,” asserts Matthew Walker, a professor of neuroscience and psychology at UC Berkeley, the director of its Sleep and Neuroimaging Lab, and a former professor of psychiatry at Harvard. The blue light of LED lights suppresses the rising levels of melatonin that occur in our brains in the evening and are necessary for sleep, he explains.

Inadequate or interrupted sleep can be especially detrimental to the developing brains of young people who may spend hours before bedtime with cellphones and other electronic devices that emit blue light. The memory problems that older adults often experience may also be the result of inadequate and fragmented sleep, he believes. Citing research that backs up his conclusions, Walker argues that poor sleep interferes with learning; encourages weight gain and the development of cancer, high blood pressure, and heart disease; and has other negative psychological and physiological effects. Individuals deprived of sleep for as few as three days suffer hallucinations and show evidence of psychosis and paranoia. These are just a few of the many examples of the importance of sleep that Walker offers in his fascinating book.

As he explores the three stages of sleep—light NREM, deep NREM, and REM—Walker argues that the shorter your sleep the shorter your life will be. He also describes the findings of researchers who have studied the dreaming that occurs during REM sleep and have discovered the vital role dreams play in ensuring emotional and mental health and enhancing problem solving and creativity.

The publishers describe ***Why We Sleep*** as “the first sleep book by a leading scientific expert.” ***Why We Sleep*** can be found in the Carlson Library Browsing Collection, shelf location number QP425.W44 2017.

## Student Tip: Whiteboards



Could your study group benefit from using a whiteboard?

Carlson Library has whiteboards available in all of the group study rooms and numerous mobile whiteboards are available on Level A. The large mobile whiteboards are on wheels, and can be moved almost anywhere on Level A. Small whiteboards double as easels and they too can be moved anywhere on the floor.

You may check out whiteboard markers from the Circulation Desk. (Please do not use other markers. They can ruin the boards).

## Library Tip: Easels



Do you need an easel for a special presentation or display?

Carlson Library has light-duty, fold-up easels available for short-term loans. Check them out at the Circulation Desk.

## Library Tip: Photocopying



Have you photocopied anything lately?

We have found that few people use photocopiers these days. Most students and faculty use our electronic resources. When they want a hard copy, they simply send it to one of our printers.

Because of the low use and high cost, we retired the old-fashioned copy machines that were in the Libraries three years ago. You can still get your own copy, though! The printer on Level A of Carlson – as well as the Suhr Library's printer - can scan and print – or scan and send to email.

Cost comparison:

“Old” Photocopiers ... 10¢ per page

New Printer Copies ... 5¢ per page

New Scan To Email Option ... FREE!

The S.W.A.T. Team on Level A is ready to help you print, copy, and scan!

## The S.W.A.T. Minion's Tip: Printing Facts



Some random facts about printing at the University Libraries:

- Pay for printing on Carlson's Level A, 1, or 2 – and at Suhr Library - with your student ID card (it was pre-loaded with \$5 at the beginning of the semester).
- Save some money on printing by using “duplex” (back-to-back) printing! This works especially well on larger jobs.
- Used your \$5? Add as little as \$1 on Carlson Level A.
- You can use coins or bills to pay for printing at Suhr Library and on Carlson Level A and on Level 1.
- The printers at Suhr Library and on Carlson's Level A are special! Sure, they can print. They can also copy, and scan to your email account...and

scanning is *free*!

As always, the S.W.A.T. Team Minions are here to answer your questions. You can find us on Level A of Carlson Library

## Cranial Candy: Word Of The Week



### tawdry

#### PRONUNCIATION:

TAW dree (rhymes with "Audrey")

#### MEANING:

Something tawdry is both cheap and showy.

In other words, tawdry things are tacky, tasteless, and shoddy.

#### PART OF SPEECH:

Adjective (Adjectives are describing words, like “large” or “late.”)

They can be used in two ways:

1. Right before a noun, as in “a tawdry dress.”
2. After a linking verb, as in “The dress was tawdry.”)

#### HOW TO USE IT:

Use discretion--no one wants to be called tawdry!

Although we do not *"repair"* computers, the **S.W.A.T. Team**  
(the **S**tudents **W**ho **A**ssist [with] **T**echnology)  
on Level A of Carlson Library  
is always happy to help.  
Having an issue? Let us take a *swat* at it!

## Something To Think About



*Coming together is a beginning;  
keeping together is progress;  
working together is success.*

*- Henry Ford*