Contact Information

- Tom Schmiedel
- Room 103 Haas Library
- 203-837-9141
- schmiedeltf@wcsu.edu
Off campus access

Sign in with your ID. Community Colleges: eight digits only; Universities add your suffix (e.g., @ccsu.edu or @wcsu.edu)

Username
Password

Sign In

Forgot User Name
Forgot Password
Unlock
Reset Password
Project Topics

• Distracted driving
• Nutrition
• Physical activity
• Stress management via holistic modalities
• Substance abuse
• Gender discrimination & health disparities
• Sexual violence & reproductive health
• Pediatric obesity/Pre-Diabetes
Health topic/concern and related behavior

• Finding information on your topic

• Keep in mind:
  – **Source:** peer reviewed article, magazine, website?
  – **Author:** easy to find and learn about?
    • Reputation/authority/credentials
  – **Currency:** how old/new is the information?
  – **Purpose:** what does the author/website want out of this? What is their interest?
Health Resources

• Internet
  – Google/ Google Scholar
  – Health Organization Websites
    • NIH: Medline Plus: https://www.nlm.nih.gov/medlineplus/
    • Center for Disease Control: http://www.cdc.gov/

• Books, Videos (WestSearch, Library Discovery)

• Journals (Library)

• Library Databases (CINAHL, PubMed, and others)
Google Scholar

https://scholar.google.com/

### Articles

<table>
<thead>
<tr>
<th>Title</th>
<th>Authors</th>
<th>Year</th>
<th>Source</th>
</tr>
</thead>
</table>

### Case law

- HEARTS
  - SA. Hurts - 1978 - easysleepinc.com

### My library

- HEARTS
  - SA. Hurts - 1978 - easysleepinc.com

### Any time

- Since 2017
- Since 2016
- Since 2013
- Custom range...

### Any language

- English

### Sort by relevance

- Sort by date

### Search English pages

- Include patents
- Include citations

### Create alert

- Create alert
Medline Plus

https://medlineplus.gov/
Medline Plus

Sleep Disorders

Is it hard for you to fall asleep or stay asleep through the night? Do you wake up feeling tired or feel very sleepy during the day, even if you have had enough sleep? You might have a sleep disorder. The most common kinds are:

- Insomnia - a hard time falling or staying asleep
- Sleep apnea - breathing interruptions during sleep
- Restless legs syndrome - a tingling or prickly sensation in the legs
- Narcolepsy - daytime "sleep attacks"

Nightmares, night terrors, sleepwalking, sleep talking, head banging, wetting the bed and grinding your teeth are kinds of sleep problems called parasomnias. There are treatments for most sleep disorders. Sometimes just having good sleep habits can help.
Medline Plus

Sleep Disorders

On this page

Basics
- Summary
- Start Here
- Latest News
- Symptoms
- Diagnosis and Tools
- Treatments and Therapies

Learn More
- Related Issues
- Specifics
- Genetics

See, Play and Learn
- No links available

Research
- Statistics and Research
- Clinical Trials
- Journal Articles

Resources
- Find an Expert

For You
- Children
- Teenagers
- Women
- Patient Handouts
Books – WestSearch
Library Discovery System
Books
Journals – Journal Finder
### Title Search Results

I found 18 titles that match your search.

#### Behavioral Sleep Medicine
- **ISSN:** 1540-2002 | 1540-2010
- **Sources:**
  - Full-Text Begins: 3/1/2003
  - Full-Text Ends: Lack most recent 18 months.
- **Other Libraries:**
  - Ebsco Academic Search Premier
  - Place an Interlibrary Loan Request

#### Deep Sleep Magazine
- **Sources:**
  - Full-Text Begins: 1/1/2009
  - Full-Text Ends: Current
- **Other Libraries:**
  - Independent Publication (Free)
  - Place an Interlibrary Loan Request

#### FOCUS: Journal for Respiratory Care and Sleep Medicine
- **Alternate Titles:** Journal for Respiratory Care Sleep Medicine
- **Sources:**
  - Full-Text Begins: 1/1/2012
  - Full-Text Ends: Current
- **Other Libraries:**
  - EBSCO CINAHL Complete
  - Place an Interlibrary Loan Request

#### International Journal of Dream Research
- **ISSN:** 1866-7953
- **Alternate Titles:** DJDR | Int J dream res | International Journal of Dream Research psychological aspects of sleep dreaming
- **Sources:**
  - Full-Text Begins
  - Full-Text Ends
Publication Details For "Journal of Sleep Research"

Title: Journal of Sleep Research
ISSN: 0962-1105
Publisher Information: Wiley-Blackwell
9600 Garsington Road
Oxford OX4 2DQ
United Kingdom of Great Britain & Northern Ireland
Bibliographic Records: 03/01/1999 to present
Publication Type: Academic Journal
Subjects: Sleep Science
Description: Contains research papers presenting new findings in the field of sleep and wakefulness (including biological rhythms and dreaming).
Publisher URL: http://www.wiley.com/WileyCDA/
Databases
Search for Journal Articles
Database - CINAHL
Database - CINAHL

Search Results: 1 - 10 of 4,932


Children with ASD experience high rates of sleep disturbance, but there are limited interventions addressing sleep in this population. We investigated the feasibility and acceptability of a speci...
Database - CINAHL
Using the Integrative Model of Behavioral Prediction to Identify Promising Message Strategies to Promote Healthy Sleep Behavior Among College Students.

Authors: Robbins, Rebecca, Naderdege, Jeff
Affiliation: Department of Communication, Cornell University
Publication Type: Journal Article - research, tables/charts
Language: English
Major Subjects: Health Promotion -- Methods Students, College -- Psychosocial Factors Sleep Disorders -- Prevention and Control Health Behavior
Minor Subjects: Human; Questionnaires; Intention; Sleep Deprivation -- Prevention and Control; Student Attitudes; Survey Research; Health Beliefs; Attitude to Health; Convenience Sample; Male, Female, Adolescence; Adult; Descriptive Statistics; Data Analysis Software
Abstract: This research used the Integrative Model of Behavioral Prediction (IMBP) to examine cognitive predictors of intentions to engage in healthy sleep behavior among a population of college students. In doing so, we identify promising message strategies to increase healthy sleep behavior during college. In Phase 1, members of a small sample of undergraduates (n = 31) were asked to describe their beliefs about expected outcomes, norms, and perceived behavioral control associated with sleep on an open-ended questionnaire. We analyzed these qualitative responses to create a closed-ended survey about sleep-related attitudes, perceived
Database Record – No PDF
Use Journal Finder

Relationships of eating competence, sleep behaviors and quality, and overweight status among college students.

Authors: Quick, Virginia; Shoff, Suzanne; Lohse, Barbara; White, Adrienne; Horacek, Tanya; Greene, Geoffrey

Affiliation: Department of Health Sciences, James Madison University, 801 Carrier Drive, MRC 4301, Harrisonburg, VA 22802, USA
Department of Nutritional Sciences, University of Wisconsin-Madison, Madison, WI, USA
Nutritional Sciences, The Pennsylvania State University, University Park, PA, USA
Food Science and Human Nutrition, University of Maine, Orono, ME, USA
Department of Public Health, Food Studies and Nutrition, Syracuse University, Syracuse, NY, USA
Department of Nutrition and Food Sciences, University of Rhode Island, Kingston, RI, USA


Publication Type: journal article

Language: English

Major Subjects: Sleep
Obesity – Epidemiology
Students – Psychosocial Factors
Eating – Psychosocial Factors

Minor Subjects: Adolescence; Female; United States; Colleges and Universities; Male; Students – Statistics and Numerical Data; Young Adult;
Clinical Assessment Tools; Ferrans and Powers Quality of Life Index; Psychosocial Adjustment to Illness Scale; Questionnaires

Abstract: Little is known about the relationships between eating competence (intra-individual approach to eating and food-related attitudes and behaviors that entrain positive bio-psychosocial outcomes) and sleep behaviors and quality in college students, a high-risk group for poor eating habits, weight gain, and inadequate sleep. Thus, data from full-time college students (N=1035; 82% White; 61% female) aged 18-24 years from 5 U.S. universities were obtained from online questionnaires (eating competence (ecSI), Pittsburgh Sleep Quality Index (PSQI), physical activity, demographics) and physical assessments (measured height, weight), to examine sleep behavior and weight between eating competent (ecSI scores ≤22) and non-ec groups (ecSI >22). Generally,
Title Search Results

You searched for:
Eating Behaviors
Issn: 14710153  Date: 20151201  Vol: 19  "Relationships of eating competence, sleep behaviors and quality, and overweight status among college students." p.15

Eating Behaviors

Alternate Titles:

Sources

Get It Now - the Library is happy to obtain a copy of the article you are requesting at no cost to you. Please use this service responsibly; funds available for requests are limited. You MUST use your @wcsu.edu email address to place your request.

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Other Libraries
Interlibrary Loan
Health Statistics

• Medline Plus
• CDC
• NCHS
Center For Disease Control

https://www.cdc.gov/HealthyLiving/
Health, United States, 2015
National Center for Health Statistics
http://www.cdc.gov/nchs/hus/index.htm
US Census Data

http://www.census.gov/
The Flow of Information

# Science Lab Report (example)

1. **Problem** – What are you trying to figure out? Write this in the form of a question.

2. **Hypothesis** – What do you think you are going to find out?

3. **Materials** – List the materials you will use in the experiment.

4. **Procedures** – Make a detailed list of the steps in your experiment.

5. **Results** – What did you observe when you performed the experiment?

6. **Conclusion** – From what you observed, how would you answer your original question?
Primary and Secondary Resources


**Primary sources** are original materials that provide firsthand records of events, experiments, creative works, or statistics. They form the basis for subsequent interpretations, analyses, and explanations. Some examples of primary sources are quantitative, qualitative and empirical research studies.

**Secondary sources** are materials that provide interpretations, explanations, and descriptions of primary sources. Some examples of secondary sources are editorial and review articles, media, and other reports that review events, experiments, and creative works.
Using the Integrative Model of Behavioral Prediction to Identify Promising Message Strategies to Promote Healthy Sleep Behavior Among College Students.

Authors: Robbins, Rebecca; Niederdeppe, Jeff

Affiliation: Department of Communication, Cornell University


Publication Type: Journal Article - research, tables/charts

Language: English

Major Subjects: Health Promotion -- Methods
Students, College -- Psychosocial Factors
Sleep Disorders -- Prevention and Control
Health Behavior

Minor Subjects: Human; Questionnaires; Intention; Sleep Deprivation -- Prevention and Control; Student Attitudes; Survey Research; Health Beliefs; Attitude to Health; Convenience Sample; Male; Female; Adolescence; Adult; Descriptive Statistics; Data Analysis Software

Abstract: This research used the Integrative Model of Behavioral Prediction (IMBP) to examine cognitive predictors of intentions to engage in healthy sleep behavior among a population of college students. In doing so, we identify promising message strategies to increase healthy sleep behavior during college. In Phase 1, members of a small sample of undergraduates (n=31) were asked to describe their beliefs about expected outcomes, norms, and perceived behavioral control associated with sleep on an open-ended questionnaire. We analyzed these qualitative responses to create a closed-ended survey about sleep-related attitudes, perceived norms, control beliefs, behavioral intentions, and behavior. In Phase 2, a larger sample of undergraduates (n=365) completed the survey. Attitudes and perceived behavioral control were the strongest predictors of both intentions to engage in sleep behavior and self-reported sleep behavior. Control beliefs associated with time management and stress also had substantial room to change, suggesting their potential as message strategies to better promote healthy sleep behavior in college. We conclude with a broader discussion of the study’s implications for message design and intervention.
This research used the **Integrative Model of Behavioral Prediction (IMBP)** to examine cognitive predictors of intentions to engage in healthy sleep behavior among a population of college students.

In doing so, we identify promising message strategies to increase healthy sleep behavior during college.

In Phase 1, members of a small sample of undergraduates (n= 31) were asked to describe their beliefs about expected outcomes, norms, and perceived behavioral control associated with sleep on an open-ended questionnaire.

We analyzed these qualitative responses to create a closed-ended survey about sleep-related attitudes, perceived norms, control beliefs, behavioral intentions, and behavior.
Using the Integrative Model of Behavioral Prediction to Identify Promising Message Strategies to Promote Healthy Sleep Behavior Among College Students.


- Abstract
- Introduction
- Methods
- Results
- Discussion
- Conclusion

Authors: Wheaton, Anne O., Chapman, Daniel P., Croft, Janet B.


Document Type: Article

Subjects: MENTAL depression -- Risk factors
          SLEEP deprivation -- Psychological aspects
          TRAFFIC accidents -- Risk factors
          SCHOOLS -- United States
          SCHOOL administration -- United States
          ACADEMIC achievement
          CIRCADIAN rhythms
          MEDLINE
          ONLINE information services
          RISK-taking (Psychology)
          SCHOOL failure
          SCHOOLS
          TEENAGERS -- Health
          TIME
          SYSTEMATIC reviews (Medical research)
          ADOLESCENCE

Geographic Terms: UNITED States

Abstract: ABSTRACT BACKGROUND Insufficient sleep in adolescents has been shown to be associated with a wide variety of adverse outcomes, from poor mental and physical health to behavioral problems and lower academic grades. However, most high school students do not get sufficient sleep. Delaying school start times for adolescents has been proposed as a policy change to address insufficient sleep in this population and potentially to improve students’ academic performance, reduce engagement in risk behaviors, and improve health. METHODS This article reviews 38 reports examining the association between school start times, sleep, and other outcomes among adolescent students. RESULTS Most studies reviewed provide evidence that delaying school
Abstract (Partial)

• METHODS This article reviews 38 reports examining the association between school start times, sleep, and other outcomes among adolescent students.

• RESULTS Most studies reviewed provide evidence that delaying school start time increases weeknight sleep duration among adolescents, primarily by delaying rise times.

• Most of the studies saw a significant increase in sleep duration even with relatively small delays in start times of half an hour or so.

• Background
• Methods
• Results
• Conclusions
Scholarly VS Popular Writing
Scholarly VS Popular Writing

http://www.library.georgetown.edu/tutorials/scholarly-vs-popular
Scholarly vs Popular Writing
Characteristics

<table>
<thead>
<tr>
<th>Scholarly</th>
<th>Popular</th>
</tr>
</thead>
<tbody>
<tr>
<td>Articles written by experts: often professors</td>
<td>Articles written by non-specialists</td>
</tr>
<tr>
<td>Articles often go through a peer review</td>
<td>Articles are reviewed by an editor, but not</td>
</tr>
<tr>
<td>process: independent experts evaluate the</td>
<td>by a panel of experts</td>
</tr>
<tr>
<td>article before it's published</td>
<td>Articles may or may not mention sources in</td>
</tr>
<tr>
<td></td>
<td>the text</td>
</tr>
<tr>
<td>Articles have footnotes and bibliographies</td>
<td>Extensive advertising, lavish photos, colorful</td>
</tr>
<tr>
<td></td>
<td>cover to market the magazine</td>
</tr>
<tr>
<td>Minimal advertising, graphics, or illustrations</td>
<td></td>
</tr>
<tr>
<td>unless relevant to the article (for example,</td>
<td></td>
</tr>
<tr>
<td>art journals)</td>
<td></td>
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</tbody>
</table>
Scholarly vs Popular Writing

Scholarly

The American Journal of Clinical Nutrition

Current Issue: November 2015
Articles in Press
Future Contents
Supplement Publications
Subscribe to RSS Feeds RSS

Popular

Heart Disease

Obese Kids As Young As 8 May Have Heart Problems

Why Your Blood Pressure Might Actually Be Too High
Peer Review

https://youtu.be/rOCQZ7QnoN0
APA Format
APA Citation Style

http://libguides.wcsu.edu/styles
Publication Manual of APA in WestSearch (Library Catalog)
Purdue OWL

https://owl.english.purdue.edu/owl/section/2/10/
In Text Citations

Online Writing Lab

Reference citations in text are covered on pages 169-179 of the Publication Manual. What follows are some general guidelines for referring to the works of others in your essay.

Note: APA style requires authors to use the past tense or present perfect tense when using signal phrases to describe earlier research, for example, Jones (1998) found or Jones (1998) has found...

APA citation basics

When using APA format, follow the author-date method of in-text citation. This means that the author's last name and the year of publication for the source should appear in the text, for
Purdue OWL
Reference List - Electronic Resources
CINAHL
Databases By Subject
Databases By Subject

To find databases for specific subjects, check out the pages below or filter the A-Z list by subject:

- Business
- Communication & Media Arts
- Education & Educational Psychology
- English, Languages, & Literature
- History & Non-Western Cultures
- JLA: Justice & Law Administration
- Math & Computer Science
- News
- Nursing, Medicine, & Allied Health
- Philosophy & Humanistic Studies
- Psychology
- Reference & Statistics
- Sciences
- Social Sciences
- Visual & Performing Arts
Nursing Databases

Databases for Nursing and Health

- **CINAHL Complete**
  This is the definitive research tool for nursing and allied health professionals. With CINAHL Complete users get fast and easy access to top nursing and allied health journals, evidence-based care sheets and quick lessons. Indexing for more than 5,000 Journals. Full text for more than 1,300 journals.

- **Medline 1966 - present**
  Premier source for bibliographic and abstract coverage of biomedical literature. Includes information from Index Medicus, Index to Dental Literature, and International Nursing, as well as other sources of coverage in the areas of allied health, biological and physical sciences, humanities and information science as they relate to medicine and health care, communication disorders, population biology, and reproductive biology.

- **Ovid Nursing Journals**
  The Ovid Nursing Collection provides access to a collection of high-quality nursing journals.

Reference Databases for Nursing and Health

- **Nursing Reference Center**
  Nursing Reference Center (NRC) provides a user-friendly tool for nurses, nurse administrators, nursing students, nurses facing the best available and most recent clinical evidence and links to nursing-specific graphical interface more...

- **DSM Library (Psychiatry Online)**
  The standard diagnostic tool used by mental health professionals aids in accurate diagnosis, and thus appropriate treatment. The DSM-5 provides a comprehensive diagnostic tool for mental health disorder with its corresponding diagnostic code and includes descriptive details, including associated features, prevalence, and differential diagnosis.

- **Health and Psychosocial Instruments Database (HaPI)**
  Produced by Behavioral Measurement Database Services
Access the Best and Most Current Nursing and Allied Health Literature

This is the definitive research tool for nursing and allied health professionals. With CINAHL® Complete users get fast and easy access to top nursing and allied health journals, evidence-based care sheets and quick lessons. Take a few minutes to evaluate all that CINAHL Complete has to offer, and you’ll see why hundreds of thousands of nurses and allied health professionals rely on CINAHL Complete.

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- Indexing for more than 5,300 Journals
- Searchable cited references for more than 1,500 journals
- Full text dating back to 1937
- More than 4.5 million records
Databases
(also called article databases, index or index/abstract databases)

• Articles are **indexed** in databases **fields**.

• Think of:
  – Index of **words/topics** in back of a book (topic field)
  – Index of **authors** in back of a book (author field)
  – Index of **images** in back of a book (images field)
  – Topics, authors, images are a few of many database **fields**

• Generally, one searches using words or **terms** in **fields**: abstract, title, keyword, topic, subject, and author are some possible **fields**.
  – “Show me all articles with *heart disease* in the title.”
Databases
(also called article databases, index or index/abstract databases)

- CINAHL, PubMed, Medline, ProQuest Dissertations & Theses, Education Resources Information Center (ERIC), Education Research Complete, Sage Education Collection

**Getting the actual article**

- Some databases
  - (a) provide the actual article within the database
  - (b) link out to the article somewhere outside of the database
  - (c) do not provide the article (in which case one needs to use interlibrary loan ILL)

- Don’t forget to get the citations
CINAHL Homepage
Initial Search
No Limiters
Searching CINAHL Complete

Choose Database

nuttion or diet

AND

Select a Field (option...)

Search

Clear

Search Results: 1 - 10 of 372,881

1. Infant nutrition - diet between 6 and 24 months, implications for paediatric growth, overweight and obesity.

2. Study on the effect of T-2 toxin combined with low nutrition diet on rat epiphyseal plate growth and development.
Same Search
Limited to Peer Reviewed, English, 2007-2017
Same Search
Limited to Peer Reviewed, English, 2007-2017
And Now Changed to Title Field
Effects of a physical activity and nutrition program in retirement villages: a cluster randomised controlled trial.

Authors: Janoy, Jornne, Holt, Anne-Marie, Lee, Andy, Kent, Deborah; Robinson, Suzanne; Liu Tang, Anderson, A. S., Hills, Andrew; Hoad, Peter

Affiliation: Collaboration for Evidence, Research and Impact in Public Health, School of Public Health, Curtin University, GPO Box U1967, Perth, WA 6845, Australia; School of Public Health, Curtin University, GPO Box U1937, Perth, WA 6845, Australia; Chinese Evidence-based Medicine Center, West China Hospital, Sichuan University, No. 37 Guoqiu Alley, Chengdu, Sichuan Province 610041, China; Centre for Public Health Nutrition Research, Division of Cancer Research, Ninewells Medical School, Dundee University, Level 7, Matlabo 7, Dundee DD1 9SY, UK; University of Tasmania, 41 Charles St, Launceston TAS, Launceston, Tasmania 7250, Australia

Source: International Journal of Behavioral Nutrition & Physical Activity (INT J BEHAV NUTR PHYS ACT), 7(10(2017), 14: 1-10 (15p)

Publication Type: Article

Language: English

Major Subjects: Health Promotion — Methods in Old Age; Physical Activity — In Old Age; Diet — In Old Age

Minor Subjects: Human; Randomized Controlled Trials; Random Assignment; Intervention Trials; Housing for the Elderly; Middle Age; Aged; Aged, 60 and Over; Western Australia; Prospective Studies; Single-Blind Studies; Questionnaires; Nutritional Assessment; Body Weights and Measures; Blood Pressure Determination; Pretest-Posttest Design; Chi Square Test; T-Tests; Regression; Descriptive Statistics; Statistical Significance; P-Value; Weight Loss; Resistance Training; Fruit; Food Intake

Abstract: Background: This cluster randomised controlled trial aimed to determine if a 6-month home-based intervention could improve the physical activity and dietary behaviours of adults aged 60 to 80 years living in retirement villages located in Perth, Western Australia. Methods: Participants (n = 303) from 30 retirement villages were recruited into the trial and allocated to the intervention (n = 197; 17 sites) or control (n = 106; 23 sites) group and were blinded. Previously validated instruments (Fat and Fibre Barometer and International Physical Activity Questionnaire, along with anthropometry, measures weight, height, waist and hip circumference and grip strength) were used to collect...
Article Record with Journal Finder
Journal Finder (Link Resolver)
Other things you might see ...
Interlibrary Loan
Interlibrary Loan
Tools - Cite
CINAHL Help

CINAHL Complete

Welcome to the CINAHL Complete Database Information Screen! To find what you are looking for, browse the topics listed below:

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- [Definition of Fields]
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- Free Floating Subheadings
- Evidence-Based Practice Limited
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- Publications Authority File
- Index Browse
- Reference Browsing
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- Where to Send Your Comments

About the Database

CINAHL Complete

CINAHL® Complete is the world’s most comprehensive nursing & allied health research database, providing full text for nearly 1,400 journals indexed in CINAHL®. Of those, 953 are not found with full text in any version of Academic Search®. Health Source® Nursing & Allied Health Collection®. This authoritative file contains full text for many of the most used journals in the CINAHL index, with no embargo. With full-text coverage dating back to 1937, CINAHL Complete is the definitive research tool for all areas of nursing and allied health literature.

CINAHL Complete also provides indexing for more than 5,400 journals from the fields of nursing and allied health. The database contains more than 4.1 million records dating back to 1937. Offering complete coverage of English-language nursing journals and publications from the National League for Nursing and the American Nurses Association, CINAHL Complete covers nursing, biomedicine, health sciences librarianship, alternative/complementary medicine, consumer health and 17 allied health disciplines. In addition, this database offers access to health care books, nursing dissertations, selected conference proceedings, standards of practice, educational software, audiovisuals and book chapters. Searchable cited references for nearly 1,500 journals are also included.

[Back to top]

Searching Tips