

WALK THE TALK

EMPLOYEE WELLNESS NEWSLETTER

May 2018



It's Better Sleep Month!

Sleep is a necessity, and it affects every aspect of life — from productivity to health to mood. We might think that sleep hours cut into our productive hours, but we're more productive with sufficient sleep! Productivity increases when we have more energy. We also think more clearly and work more efficiently.

Consequences of insufficient sleep that we feel:

- Irritability
- Exhaustion
- Easily distracted
- Making unsound decisions

Others aren't always as obvious. Did you know sleep deprivation negatively affects our immune system? Research also suggests that sleep deprivation may lead to:

- Weight gain
- High blood pressure
- Cancer
- Heart disease
- Stroke
- Diabetes
- Bone loss
- Depression

And can impair:

- Learning
- Memory
- Alertness
- Concentration
- Judgment
- Problem solving
- Reasoning

According to Eve Van Cauter of the University of Chicago, a "lack of sleep disrupts every physiologic function in the body." It also hinders our ability to realize our own performance, making us think we're functioning well when we probably aren't. It's up to each of us to make sure we get enough rest. In the end, getting better sleep helps us lead a better life.

Adapted from: www.BetterSleep.org



Take a Power Nap!

Good news! Napping can make up for lost sleep, in terms of health benefits and the ability to handle stress.



Make It Short and Sweet

Sleep deprived people who had a 10-minute nap were more alert and had sharper thinking than people who napped for 30 minutes.

“A good laugh and a long sleep are the best cures in the doctor's book.”

—Irish Proverb

RECIPE OF THE MONTH

Strawberry Asparagus Salad

Source: www.food.com

May is Strawberry Month, Asparagus Month, AND Salad Month. Let's combine all three in this refreshing spring side!



Prep: 20 minutes
Makes: 4 servings

Ingredients:

- 2 c. chopped asparagus, cut in pieces and blanched
- 2 c. strawberries, sliced

Dressing:

- ¼ c. lemon juice
- 2 Tbs. vegetable oil
- 2 Tbs. honey
- Salt and pepper to taste.

Directions:

1. Toss asparagus and strawberries together in a bowl.
2. Combine the dressing ingredients and mix well.
3. Pour dressing over salad and toss.
4. Chill before serving.

Garnish with fresh mint or basil.

Sleep Myths



Catch up on sleep on the weekend. You can never completely make up for sleep you've lost or bank sleep for the future, so it's best to plan for 7 to 8 hours each night.

You need less sleep with age. You may wake up more, but you still need the same total hours of sleep with age.

Alcohol helps you sleep. Alcohol does make you sleepy, but it is metabolized throughout the night and is likely to disturb your sleep, especially deep sleep.

You can get a new mattress but keep the old box spring. You should always replace both since they are designed to work best together as a set, and the warranty may not apply if you do not.

Count sheep. t for shut-eye. An Oxford University study showed doing this actually lengthens how long it takes to sleep. Instead, listen to soothing music or read a book to help you fall asleep.

Buy a firm mattress for back pain. The fact is that mattress choice is a very personal thing. Try out a variety of mattresses to find the one for you.

Cheese causes nightmares. There is no evidence to support this idea. In general though, it's a good idea to finish meals or snacks two to three hours before you go to bed to sleep well.

Warm milk makes you sleepy. While there's no evidence to support this story, you might find it comforting if it was something that was always given to you as a child.

Adapted from: www.BetterSleep.org



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ZZZZ

You'll die from sleep deprivation before food deprivation. It takes 2 weeks to starve, but 10 days without sleep can kill you.

Check out www.BetterSleep.org for more fun facts and resources on your best night's sleep!

GOOD SLEEP YIELDS HAPPY RELATIONSHIPS

Clear up your sleep problems and chances are, you'll eliminate some of your relationship problems, too.



If You're Snapping, Try Napping

Lack of sleep may exaggerate the everyday disagreements and stress in your relationship.



Frequent Awakenings

People who feel lonely tend to have sleep that is broken up throughout the night.



That's Not Funny

Lack of sleep dims your sense of humor—a tool that not only helps you cope with stress, but also makes you more attractive to other people.

Images: www.happify.com

HOW A GOOD SNOOZE IMPROVES YOUR MOOD

Getting to bed early and getting at least 7 hours of sleep can save you from worry and repetitive negative thinking.

One study showed that "night owls" were found to be more entitled and exploitative than "morning people"!



Fatigue Breeds Prickliness

It's not your imagination—you are more sensitive (to both positive and negative experiences) when you've had less sleep.



Better Mental Health

Sleeping 6 hours or less per night increased adolescents' risk for depression, according to research.



Youngsters Are Affected, Too!

Preschoolers without a regular bedtime are more likely to develop behavioral problems (such as hyperactivity) than their peers who have one.

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