

Weekly Wellness

**OCHD — HEALTH
PROMOTIONS**

WEEK ONE

APRIL 2016

MONTHLY OVERVIEW

Week 1:

- Facts about sleep

Week 2:

- Ways to improve sleep quality and duration

Week 3:

- Facts about stress

Week 4:

- Ways to manage stress

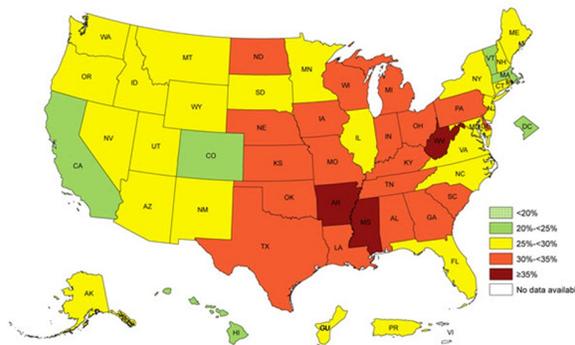
The Importance of Sleep

Getting adequate sleep is vital for your health and well-being, unfortunately not everyone gets the amount of sleep they require for their body to function properly.

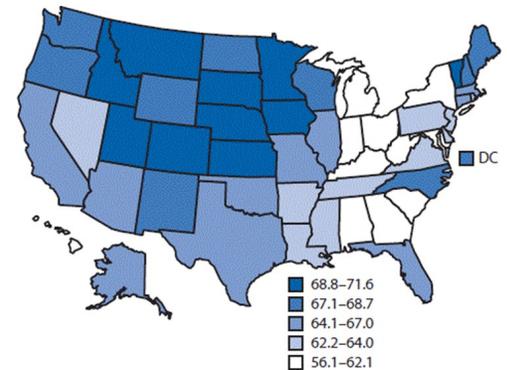
Sleep Stats

According to a recent CDC study based on the 2014 BRFSS data:

- On average 64.9% of adults report getting >7 hours of sleep (which is considered adequate), meaning 35.1% do not get adequate sleep
- That's roughly 1 in 3 US adults
- 67.6% of North Carolinians questioned report getting adequate sleep, so we fare slightly better than average!
- Geographic areas that show a lower prevalence of adequate sleep are also the areas that have a higher burden of obesity. These areas include the Southeastern US and the states along the Appalachian Mountains. See charts below.



2014 BRFSS—Obesity maps, from cdc.gov



2014 BRFSS—Sleep maps, from cdc.gov

Causes of poor sleep

Poor sleep can be a result of a number of causes, examples:

- Sleep Disorders
 - *Insomnia* (Inability to fall/stay asleep)
 - *Narcolepsy* (excessive daytime sleepiness)
 - *Restless Leg Syndrome* (“creeping” sensation in lower legs; makes it hard to stay still)
 - *Sleep Apnea* (Multiple pauses in breathing throughout the night)
- Lack of a consistent schedule
- High caffeine intake

Results of poor sleep

Sleep is necessary for good health; when you consistently get inadequate sleep your risk for numerous issues increases. Below are a few examples:

- Lowered immune system
- Decreased productivity throughout the day
- Diabetes
- Cardiovascular Disease
- Obesity
- Sleep Apnea
- Depression



<http://www.healthypeople.gov/2020/topics-objectives/topic/sleep-health>

http://www.cdc.gov/sleep/about_sleep/index.html

<http://www.cdc.gov/mmwr/volumes/65/wr/mm6506a1.htm>

<http://consumer.healthday.com/public-health-information-30/centers-for-disease-control-news-120/a-third-of-u-s-adults-don-t-get-regular-refreshing-sleep-study-708206.html>

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The Importance of Sleep Cont.

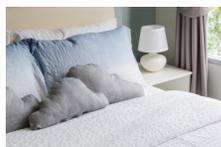
- As stated last week, 1 in 3 American adults do not get adequate sleep nightly
- This is actually at a level where it is considered a public health problem and has been included in the Healthy People 2020 goals
- The Healthy People 2020 overall goal for sleep is to:
“Increase public knowledge of how adequate sleep and treatment of sleep disorders improve health, productivity, wellness, quality of life, and safety on roads and in the workplace”
- By practicing the “sleep hygiene” tips listed below, you can ensure you will get the recommended 7-8 hours of sleep nightly and prevent yourself from becoming one of the 33% of American who are sleep deprived

Sleep Hygiene Tips

Sleep Hygiene is the promotion of good sleep habits and regular sleep. Follow these tips to ensure you get a good nights sleep every night!



- ◆ Get into a routine
 - Go to bed at the same time every night and get up at the same time every morning
- ◆ Avoid large meals right before bedtime
 - Going to sleep with an overly full stomach can disrupt sleep, but so can going to sleep starving! Try to eat dinner at least 3 hours before bed. If you're hungry shortly before going to sleep, have a small snack such as a few nuts or a cheese stick.
 - Contrary to popular belief eating before bed won't cause you to gain weight...as long as you are making healthy choices and aren't eating too much throughout the day
- ◆ Avoid caffeine, nicotine, and alcohol close to bedtime, if you use any at all
 - Although caffeine and nicotine are both stimulants and alcohol is a depressant, they all disrupt sleeping patterns
- ◆ Make your bedroom a sleep sanctuary
 - Ensure your bedroom is dark, a comfortable temperature, and an environment you find relaxing
 - Use your bed only for sleeping, no other activities such as work, watching TV, etc.
 - Remove all electronic devices with screens, the blue light that is emitted



What if I try but can't get to sleep?

- ◆ We all have nights when we can't seem to get to sleep, but if this problem occurs frequently there may be something else going on and you may want to see your doctor.
- ◆ You may want to consider keeping a sleep diary to find patterns and issues that may need addressed. Keep the following in your sleep diary:
 - when you: go to bed, get to sleep, wake up, get out of bed, take naps,

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All About Stress

- Stress is a very general term that explains the body's reaction to anything that requires a change or response
- Anything that you care about can cause you stress, it's unavoidable!
- Stress isn't just negative however, small doses of stress, such as deadlines, help to motivate you and increase productivity.
- However, large doses of stress can take their toll and cause a wide variety of health problems and other issues, especially when acute stress becomes chronic

Causes of Stress

Stressors can be broken down into two different categories: Internal and External stressors. Some individuals are effected by one more than the other, however both categories are both cause harm when experienced chronically

Internal Stressors	External Stressors
Having too much work	Unrealistic expectations
Financial issues	Perfectionistic ideals
Any family crisis	Negative self-talk
Health issues	Difficulty accepting change

Effects of Stress

Stress effects everyone differently, below is a list of some common effects of stress:

- ◆ Increased likelihood of partaking in unhealthy behaviors such as:
 - Use of alcohol or tobacco
 - Decreased exercise
 - Making poor food choices
- ◆ Increased blood sugar
 - Stress causes a release of hormones that cause a rise in blood sugar, that when frequent, can increase Diabetes risk
- ◆ Depression
 - Stress can cause situational depression, or exacerbate a pre-existing Clinical Depression Diagnosis
- ◆ Disruption in sleeping patterns
 - Stress can cause you to be over tired, or make it difficult to sleep
- ◆ Unexplained aches and pains
 - This includes muscle tension, especially in the shoulders and neck and headaches
- ◆ Increased sick days
 - Stress decreases your body's ability to fight off infection
- ◆ Cardiac Issues
 - This includes high blood pressure, irregular heart beat and increased risk of heart attack



All About Stress Cont.

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- Everyone has a different threshold for stress levels. So how can you tell if you're under too much stress? Are you...
 - Tired/Fatigued all the time, whether you had a good nights sleep or not?
 - Yelling at/Impatient with those around you?
 - Unable to get to sleep/stay asleep?
 - Losing the ability to find enjoyment in life?
- If you answered yes to any of these questions there's a chance you have too much stress in your life
- Although stress is unavoidable, and some stressors are out of your control, you can improve your chances of handling stress better than the average individual if you find aspects of your life that you can control, and do so!
- The less you have to be stressed about in your everyday life, the better you can handle any additional stressors that come your way.

Managing Stress

Follow this advice and you'll be better prepared to handle whatever life chooses to throw at you!

Eat a Healthy Balanced Diet

- Eating a diet balanced in all 5 food groups and avoiding processed, junk foods allows your body to work at full capacity so you feel your best

Be Active

- Physical activity helps many people de-stress by regulating certain hormones, it helps us sleep and even helps keep our blood sugars in check



Get Adequate Sleep

- When we get adequate sleep our bodies are refreshed at the start of every day and our disease risk is decreased

Avoid Unhealthy Behaviors

- Drinking alcohol, smoking cigarettes etc. may feel like it destresses you in the short term, however it does more harm than good in the long run

Focus On Your Finances

- Make a budget and follow it, don't misuse credit cards and be a smart shopper - If something isn't in the budget, think do you *want* it or to you *need* it?

Know Your Limits

- Don't say yes to everything just to make everyone happy and when your workload gets to be too much, ask for help

Manage Your Time Wisely

- Make a to-do list, prioritize tasks, avoid disruptions

Be Positive

- Try to find the good in every situation, and surround yourself with people who do the same. The way you view a situation effects the way you handle it

Relax

- Do yoga, meditate, find a hobby you love. Whatever helps put you at ease

