



LIVE WELL, WORK WELL

MARCH 2022

Welcome to this month's edition of Live Well, Work Well. In this issue we will be focusing on the importance of Sleep Awareness.

Sleep Awareness Month

March

March is Sleep Awareness Month

Few things impact mental health more than sleep. Most of us already know that not getting enough sleep makes almost every problem worse, or at the least diminishes our ability to handle stressors. Maybe you also know that research reveals lack of sleep, on a regular basis, may have long term health consequences including serious chronic medical conditions such as diabetes, high blood pressure and heart disease. In fact, less than 6 hours of sleep can have serious health consequences. Sleep is an essential component of wellness, and there are many factors that influence sleep and sleep patterns.

March is the National Sleep Foundation's annual "Sleep Awareness Week." This campaign celebrates the benefits of sleep. This is an opportunity to stop and think about your sleep habits, consider how much they impact your well-being, and take a step toward improving them.

Source: <https://www.nymc.edu/media/schools-and-colleges/nymc/pdf/student-life/MarchisSleepAwarenessMonth.pdf>

DON'T SLEEP ON THESE FACTS ABOUT SLEEPING!

- Humans are the only mammals that delay sleep
- Insomnia is the most common sleep disorder
- Women sleep more than men
- Parents of newborn babies lose 6 months worth of sleep
- The record for the longest period without sleep is 11 days
- Sleep deprivation will kill you more quickly than food deprivation
- Before alarm clocks were invented, factories employed people to knock on the bedroom windows of their workers with a long stick, to ensure they arrived at work on time

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Sleep More, Lose Weight? Study Says Yes

A new study suggests that sleeping an extra hour could be an effective weight-loss tactic — if you're not getting enough sleep to begin with. Researchers from the University of Chicago and University of Wisconsin-Madison found that study participants consumed 270 fewer calories over two weeks if they slept at least one hour more than normal. They specifically looked at adults ages 21 to 40 who slept 6.5 hours or less per day and qualified as overweight, with a body-mass index (BMI) of 25 to 29.9.

Participants who extended their sleep to a healthier length lost an average of 2 pounds in two weeks. Those who did not add an hour to their sleep gained 1 pound over the same two weeks, regardless of other daily activities. All participants continued their regular diet and exercise habits, with a select group receiving sleep coaching to extend their nightly sleep to 8.5 hours. Some participants reported cutting 500 calories.

Over three years, for example, that extra sleep could lead to a weight loss of as much as 26 pounds, researchers say.

The takeaway: Getting closer to the recommended number of hours to sleep may be an effective way to reduce hunger and spur healthier eating habits. Sleep affects the brain hormones that trigger hunger, leading to calorie consumption. Obesity itself is labeled a potential cause of sleep loss, with this study being the first to address it as an effect of sleep habits.

The findings of this study also support research from 2019, where researchers found that people with sleep issues had a harder time losing weight than those who slept more than seven hours.

According to 2021 Centers for Disease Control and Prevention (CDC) data, 35% of the population in 16 states have a BMI that meets or exceeds CDC's definition of obese. That is up from nine states in 2018.

Source: <https://www.sleepfoundation.org/>



10 TIPS | FOR BETTER SLEEP

CREATE THE RIGHT ENVIRONMENT FOR SLEEP *zzzz...*

WHAT YOU EAT MATTERS, TOO

SCREEN TIME IS NOT GOOD FOR SLEEP TIME

KNOW YOUR SLEEP NEEDS

NAP IF YOU MUST

SOME SLEEP POSITIONS ARE BETTER THAN OTHERS

EXERCISE HELPS YOU SLEEP BETTER

SLEEP USUALLY BEATS working out

WHAT YOU WEAR TO SLEEP MATTERS

KNOW YOUR SLEEP CYCLES

myfitnesspal



MARCH IS NATIONAL SLEEP AWARENESS MONTH

If you are experiencing sleep problems or would just like to have better quality sleep, here are 20 things you might discuss with your healthcare provider.

ACID REFLUX	M	S	U	Z	T	Q	Y	R	U	S	P	Y	D	A	A
ALCOHOL	R	O	O	M	T	E	M	P	E	R	A	T	U	R	E
ANXIETY	S	Q	N	U	T	R	I	T	I	O	N	M	Q	B	M
APNEA	M	M	Y	V	K	N	E	X	E	R	C	I	S	E	E
CAFFEINE	J	P	A	I	N	C	O	N	T	R	O	L	A	B	D
DEPRESSION	F	Q	B	R	D	Y	I	I	E	J	G	I	X	G	I
EXERCISE	L	I	G	H	T	E	V	Y	S	N	D	U	P	R	C
LIGHT	T	A	I	B	F	P	P	S	I	E	L	W	I	O	A
MEDIA	O	R	L	F	S	E	H	R	M	F	W	N	H	U	T
MEDICATIONS	Q	K	A	C	R	T	O	O	E	T	A	A	H	T	I
NAPPING	J	C	L	A	O	N	R	R	N	S	U	P	Q	I	O
NOISE	H	L	Y	O	S	H	D	E	A	E	S	P	N	N	N
NUTRITION	X	T	P	J	J	I	O	D	S	E	L	I	H	E	S
PAIN CONTROL	H	S	P	E	C	I	A	L	I	S	T	N	O	K	A
ROOM TEMPERATURE	Y	F	E	A	N	X	I	E	T	Y	J	G	D	N	G
ROUTINE															
SMARTPHONE															
SNORING															
SPECIALIST															
STRESS															

https://www.gracebarkerhealth.com/files/2020/03/PUZZLE_sleepawareness.pdf

Sleep Awareness Week

Sunday, March 13, 2022 – Saturday, March 19, 2022

Getting a good night's sleep for many is a natural activity that people can do. While rest may seem like the most natural thing in the world for people to do, many people may have sleep disorders and sleeping habits that they don't know about, causing long term consequences. Sleep Awareness Week is a holiday all about educating people about their sleeping habits and how they can effectively change the way they sleep.

History of Sleep Awareness Week

Sleep can be considered an underappreciated aspect of people's lives. Poor sleep is heavily linked to weight gain, decrease concentration and productivity, increase the risks of heart diseases and strokes, is connected to depression, and can affect emotional and social interactions.

Disorders such as insomnia, sleep apnea, narcolepsy, and night terrors can significantly change how people interact and live throughout their lives. Sleep problems have also contributed to a larger issue: a lack of understanding about health.

Sleep Awareness Week aims to highlight the importance of good sleep and educate people about how they can better improve their sleeping habits.

Founded by the National Sleep Foundation, Sleep Awareness Week gives people the opportunity to learn about why sleep is important, how good sleep can improve health and whether or not their sleeping habits may be a problem that needs to be checked on.

The importance of this holiday comes from the fact that while sleep medicine is considered to be a practice, many people don't check up on what their sleeping habits can do to their health. Hence, the National Sleep Foundation each year takes this opportunity to give people seminars, informative brochures, and assessments about sleep to better improve people's lives.

Source: <https://www.daysoftheyear.com/days/sleep-awareness-week/>

The Importance of Improving Your Healthy Sleep

Sleep is important for your health and is equally vital as eating a well-balanced, nutritious diet and getting enough exercise. Though individual sleep requirements differ, most adults require between 7 and 9 hours of sleep per night. Despite this, up to 35% of adults in the United States are sleep deprived. Sleep deprivation can jeopardize your health and safety, so it's critical to prioritize and safeguard your sleep regularly using healthy sleep habits.

Benefits of Improving Your Sleep

Sleep deprivation can make you irritable during the day and cause health problems. Also, missing on your sleep schedule and amount of sleep can hamper your waking hours, reducing the effectiveness of your internal clock. Getting healthy quality sleep regularly is key in helping your body in several ways. Below are some of the benefits you will get after having a good sleep.

1. Mood booster

Quality sleep will boost your moods. When you sleep, your brain is busy processing emotions. You need to sleep so that you can give your brain some quality time to process your emotions. When you have less sleep, you may encounter negative emotions. As a result, you may experience reduced productivity at work. A good night's sleep can help you recover from a poor day, enhance your mood, and help you to be more prepared to face problems.

2. Improve Productivity and Concentration

A good night's sleep can improve problem-solving abilities and memory. Poor sleep, on the other hand, has been demonstrated to decrease cognitive function and decision-making abilities.

3. Improves athletic performance

Quality sleep will help you to excel in athletics. Sports like swimming, running and cycling, need endurance. In case you lack sleep, then you may experience decreased athletic performance. Lack of sleep saps your motivation, which is what propels you to the finish line, in addition to reducing your energy levels and time for muscle regeneration. You'll need to deal with a more difficult mental and physical task, as well as slower reaction times. Resting properly prepares you to perform at your best.

4. Weight control

Studies reveal that sleeping for a few hours (less than 7 hours per night) increases your risk of gaining weight and having a higher body mass index (BMI). A study published in 2020 indicated that persons who slept less than 7 hours per night had a 41% higher risk of becoming obese. Meanwhile, sleeping for extended periods did not raise the risk. Many factors, including hormones and motivation to exercise, are thought to influence the effect of sleep on weight gain. Sleep deprivation, for example, raises ghrelin levels while lowering leptin levels. Ghrelin is a hunger hormone, but leptin makes us feel satisfied. This may make us feel hungrier and lead to overeating.

5. Regulates blood sugar

Sleep aids in the regulation of your metabolism. That is how your body turns food into energy. Sleep deprivation can lead to a variety of metabolic issues, including blood sugar fluctuations. If you have diabetes, this can be an issue. It also increases your chances of getting type 2 diabetes. Extremes of your blood sugar can also affect your moods, energy levels and proper functioning of your brain.

Good Healthy Sleep vs Bad Sleep

Your body is hard at work when you sleep. It balances hormones, repairs itself, and ensures that the circulatory and immunological systems are in good working order. Memories are formed and stored in your brain. You can be more energetic and aware if you get enough sleep. It enables you to lose weight, exercise, work, learn, socialize, and do whatever else you want to do.

On the other hand, if you do not get quality sleep, you increase your risk of getting high pressure, heart attack, heart failure/stroke, diabetes. Other problems that follow sleep deprivation are depression, lower libido, obesity and impairment in immunity.

Source: https://www.mygreenmattress.com/the-importance-of-improving-your-healthy-sleep/?gclid=EAIaIQobChMIh9e4qb749QIVdBatBh3fpwoQEAMYAiAAEgIBOPD_BwE



Did You Know?

How To: Better Manage Your Stress



Stress is inevitable for all of us. However, too much stress can leave you feeling overwhelmed and exhausted and can seriously interfere with your daily activities and relationships. On the other hand, too little stress can result in low motivation and drive and a general sense of dissatisfaction. With just the right dose, stress can be a good thing. It gives you the energy and motivation to get the job done. Instead of feeling like stress is consuming you or trying to completely rid your life of stress, try these tips to bring stress down to manageable and motivational levels.

- *Avoid unnecessary stressors:* Whether they be people, responsibilities, or situations, stay away from the hot seat when you can. Say no when you are able and try to amp up your time management skills to avoid those feelings of last minute stress.
- *Alter the situation:* If avoidance isn't possible or practical, find elements of the stressor that you can change. Find resources that can help so you aren't facing the situation alone. Re-frame the way that you're viewing the stressor to be sure that you aren't thinking in black and white; there's always grey to be found.
- *Adapt to the stressor:* So often the worse part of stress can be the amount of effort we put into avoiding it or allowing ourselves to succumb to it. Adjust your expectations and try to keep your eye on the big picture.
- *Accept the things you cannot change:* Stress will always be there. Always. Out of each stressful situation, there are aspects over which you have no control. Identify these as early as possible and remind yourself to instead focus on the aspects that you can control such as taking care of yourself i.e. eating right, sleeping well, and finding time to relax.



DEER OAKS EAP SERVICES

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Last Month's Events:

"Healthy Heart Seminar"

"Healthy Heart"



Upcoming Events:

Walking Program

Tuesdays and Thursdays
4:30PM at your designated facility

Employee Appreciation Day Luncheon

Thursday, March 3, 2022
11:00 a.m. – 2:00 p.m.
Lion's Park
1500 E. Kika De La Garza Loop

Mission Spring Break Staycation

March 14 – March 18, 2022
1:00 p.m. – 3:00 p.m.
See Flyer for Park locations or contact HR

St. Patrick's Day Contests

Most Spirited In Green Contest - \$25 gift card
Leprechaun Bake-Off Contest - \$25 gift card

Health & Wellness Seminar

"Sleep Awareness"
Thursday, March 17, 2022
2:30 p.m. – 3:30 p.m.

Via Zoom:

<https://us02web.zoom.us/j/9904662781?pwd=SGVIL3JZRFRdENzWXI5VUxFT1ZUQT09>

Let's Get Moving

March Daily Challenge

- | | |
|---|---|
| Day 1 - 20 crunches & 20 squats | Day 17 - 70 sec jumping jacks & 18 pushups |
| Day 2 - 20 sec plank & 20 alternating lunges | Day 18 - 45 crunches & 45 squats |
| Day 3 - 60 sec jumping jacks & 10 pushups | Day 19 - 70 sec plank & 46 alt lunges |
| Day 4 - 25 crunches & 25 squats | Day 20 - 80 sec of burpees & 20 pushups |
| Day 5 - 30 sec plank & 26 alternating lunges | Day 21 - Rest & Stretch 5 min |
| Day 7 - Rest & Stretch for 5 minutes | Day 22 - 50 crunches & 50 squats |
| Day 8 - 30 crunches & 30 squats | Day 23 - 80 sec plank & 50 alt lunges |
| Day 9 - 40 sec plank & 30 alt lunges | Day 24 - 80 sec plank & 50 alt lunges |
| Day 10 - 60 sec jumping jacks & 14 pushups | Day 25 - 55 crunches & 55 squats |
| Day 11 - 35 crunches & 35 squats | Day 26 - 90 sec plank & 56 alt lunges |
| Day 12 - 50 sec plank & 36 alternating lunges | Day 27 - 90 sec of burpees & 26 pushups |
| Day 13 - 70 sec of burpees & 16 pushups | Day 28 - Rest and Stretch 5 min |
| Day 14 - Rest & Stretch for 5 min | Day 29 - 60 crunches & 60 squats |
| Day 15 - 40 crunches & 40 squats | Day 30 - 100 sec plank & 60 alt lunges |
| Day 16 - 60 sec plank & 40 alt lunges | Day 31 - 100 sec jumping jacks & 28 pushups |