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Resources for Better Wellbeing

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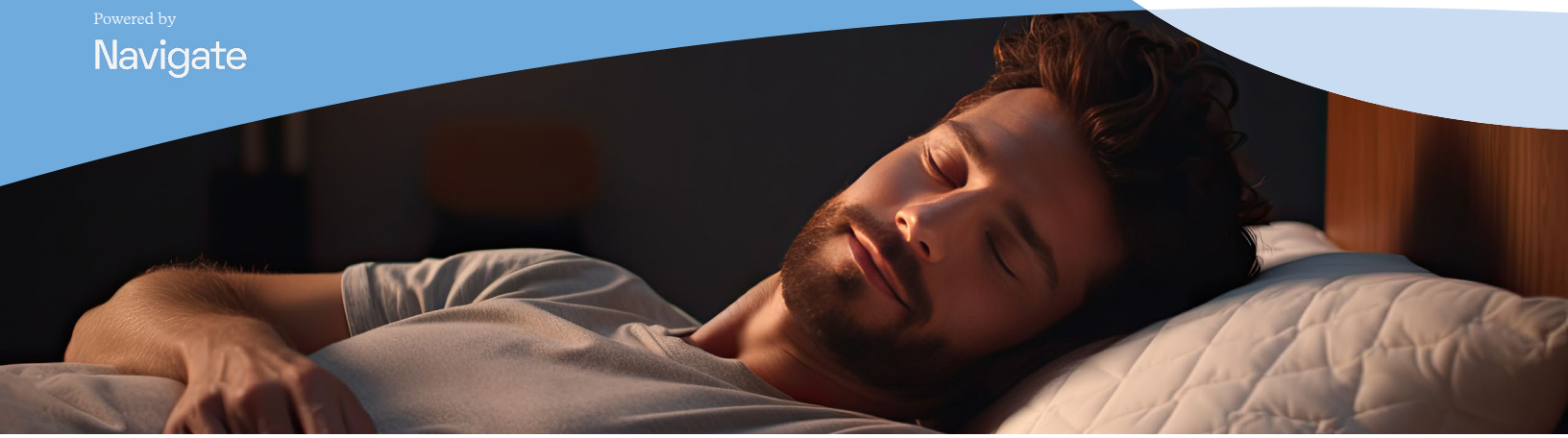

7 Ways to Get Better Sleep

It is easy to take sleep for granted if you have never struggled with insomnia (the inability to sleep), but not getting enough sleep can disrupt your physical, emotional, and mental wellbeing.

Prioritizing sleep helps ensure your body gets the rest it needs to keep you functioning at your best.

Here are 7 ways to get better sleep:

1. **Keep a sleep diary.** Record insights about your sleep patterns in a journal. Pay particular attention to how you feel at different times of the day, how caffeine or other foods affect your sleep, and any other recurring themes you notice.
2. **Stick to a schedule.** Experiment with different sleep schedules to see which one results in the best sleep quality. A consistent sleep schedule supports your body's natural rhythms.[3]
3. **Track your sleep.** Wearable devices help track your movement and detect rest and non-rest activities. This feedback can be used to better understand your sleep patterns, and help you pinpoint where to focus your efforts to get better sleep.
4. **Protect quiet time.** Noise disrupts brain function and makes it more difficult to fall and stay asleep. Loud noise may even disrupt your heart rhythms, which can increase the risk of blood clots, stroke, and heart failure.[1] Adjusting the lighting and room temperature may also help improve your sleep.
5. **Avoid stimulants.** Stimulants like caffeine and tobacco disrupt sleep and cause other health problems, so it may be helpful to make small adjustments to your daily routines. For example, try avoiding stimulants after noon and see how it affects your sleep.
6. **Boost your physical activity.** Consistent physical activity helps maintain your circadian rhythms, which can help you to get better sleep.[2]
7. **Try a sleep aid.** Over-the-counter sleep aids may help you fall and stay asleep. Some of these products can interfere with other medications, so be sure to check with your doctor before taking a sleep aid or supplement.

If you are unable to find relief using self-care strategies, talk with your doctor about other treatment options or testing that may be needed to assess your symptoms.

Prioritizing sleep helps ensure your body gets the rest it needs to keep you functioning at your best.

1. Healthline. Loud Noises Aren't Just Annoying, They're Bad for Your Health. Accessed Sept 16, 2023.
2. Weinert D, Gubin D. The Impact of Physical Activity on the Circadian System: Benefits for Health, Performance and Wellbeing. Applied Sciences. 2022; 12(18):9220. https://doi.org/10.3390/app12189220
3. Mayo Clinic. Sleep tips: 6 steps to better sleep. May 07, 2022. Accessed Sept 12, 2023.

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Sleep Apnea: What are the signs?

Sleep Apnea is a disorder that affects roughly 5 to 10% of people around the globe.[1] The word "apnea" translates to "breathless," which aptly describes the symptoms commonly associated with the condition.[1]

Risk factors for sleep apnea include carrying extra weight, being older in age, having enlarged tonsils, smoking, using alcohol, and having a narrow throat.[4]

Common signs of sleep apnea include:

- **Snoring, choking, gasping, or struggling to breath during sleep.** These symptoms occur when throat muscles relax and block airflow into the lungs. During sleep, many people with this disorder experience as many as 5 to 30 episodes each hour.[4]
- **Waking up with a dry mouth.** People with sleep apnea frequently breathe through their mouth during sleep, which can cause mouth dryness.
- **Morning headaches.** While the cause is not entirely clear, up to 18% of patients with sleep apnea report having morning headaches.[2]
- **Daytime drowsiness.** Feeling sleepy during waking hours is one of the most common symptoms. However, many people attribute sleepiness to general fatigue, and do not recognize the association with sleep apnea.

It is also common for people with this condition to fall asleep when reading, watching TV, or when involved in activities that do not typically require a high level of attention.

To diagnose sleep apnea, your healthcare provider may order a sleep study to learn more about the symptoms you experience when you sleep. Treatments may include lifestyle changes to promote weight loss, adjustments in your sleep positioning, and medication. Additionally, breathing devices, such as a mandibular advancement device (MAD) or a continuous positive airway pressure (CPAP) machine, can also help keep your airway open as you sleep.[3]

If you think you may have symptoms of sleep apnea, make a note to bring it up during your next visit with your healthcare provider. Treatment can greatly improve your quality of sleep as well as your quality of life.

1. Cleveland Clinic. Sleep Apnea. Nov 15, 2022. Accessed Sept 7, 2023.
2. Spałka J, Kędzia K, Kuczyński W, Kudrycka A, Małolepsza A, Białasiewicz P, Mokros Ł. Morning Headache as an Obstructive Sleep Apnea-Related Symptom among Sleep Clinic Patients-A Cross-Section Analysis. Brain Sci. 2020 Jan 19;10(1):57. doi: 10.3390/brainsci10010057. PMID: 31963788; PMCID: PMC7016602.
3. WebMD. Obstructive Sleep Apnea: Gadgets and Devices. Aug 14, 2022. Accessed Sept 7, 2023.
4. Mayo Clinic. Sleep Apnea. Apr 06, 2023. Accessed Sept 7, 2023.

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Tips to Combat Digital Eye Strain

Computers, smart phones, e-readers, and tablets have all become a part of normal day-to-day life, but digital screens affect your eyes differently than printed material.[1]

Digital eye strain (DES) is common in people who use digital devices for long periods of time. However, some people are more sensitive and using devices for as little as two hours is enough to cause problems.[2]

In adults, the prevalence of eye strain is around 65%, and approximately 50-60% of children are affected.[2] Digital eye strain in children has been linked to the faster progression of nearsightedness (myopia).[2]

Symptoms of eye strain commonly include:

- Headaches
- Blurred vision
- Stiff neck
- Light sensitivity
- Dry eyes
- Neck and shoulder pain

To reduce your risk of DES, try these strategies:

- **Reduce screen time.** Scaling back your screen time is the simplest way to reduce eye strain. Experts recommend aiming for less than 4 hours of screen time each day.[2]
- **Adjust lighting.** Poorly lit workspaces can make DES worse, so make lighting adjustments as needed. Increasing text font size to at least 12 and adjusting the contrast of your monitor to around 60–70% can also help.[1]
- **Reduce screen glare.** Screen glare filters and blue-light filtering glasses with antireflective coating help cut down on glare.
- **Optimize viewing distances.** Ideally, your device screen should be about 15-20 degrees below eye level (4 or 5 inches) and 20-28 inches away from your eyes.[1]
- **Use the 20-20-20 rule:** When using a digital device, take periodic breaks. Every 20 minutes look 20 feet away for 20 seconds and allow your eyes to refocus.

Uncorrected vision problems can make your eyes work harder. If you continue to experience symptoms of eye strain despite trying methods like the ones above, schedule an appointment for an eye exam. Getting an annual vision exam can also help you identify and correct vision problems before they create long-term problems.

Experts recommend aiming for less than 4 hours of screen time each day.

1. American Optometric Association (AOA). Computer vision syndrome. Accessed Sept 8, 2023.
2. Kaur K, Gurnani B, Nayak S, Deori N, Kaur S, Jethani J, Singh D, Agarkar S, Hussaindeen JR, Sukhija J, Mishra D. Digital Eye Strain- A Comprehensive Review. Ophthalmol Ther. 2022 Oct;11(5):1655-1680. doi: 10.1007/s40123-022-00540-9. Epub 2022 Jul 9. PMID: 35809192; PMCID: PMC9434525.
3. Cleveland Clinic. Eye Strain. Last reviewed Jul 2023. Accessed Sept 12, 2023.

TIRAMISU OVERNIGHT OATS

Prep Time	Rest Time	Servings
5 minutes	4 hours	3

Ingredients

- 1 cup rolled oats I prefer large flake but it is not required
- 3/4 cup strong brewed coffee, cooled
- 1/4 cup milk
- 2 tablespoons chia seeds
- 1/2 teaspoon cinnamon
- 2 tablespoon maple syrup
- Pinch salt
- *Optional 1 scoop chocolate protein powder
- Vanilla greek yogurt for topping
- Cocoa powder for topping

Instructions

In a bowl mix together the oats, coffee, milk, chia seeds, cinnamon, maple syrup, salt and the protein powder if using.

Divide between 3 small containers and refrigerate for 4 hours or up to overnight, most of the liquid will be absorbed.

Spread the yogurt over top each container of overnight oats and sift coco powder overtop for the classic tiramisu look. This step does not need to be done in advance, feel free to leave this step for right before you eat. Enjoy!

Nutrition Facts

Calories	285
Total Fat	9.1g
Sodium	83mg
Carbohydrate	44g
Dietary Fiber	7g
Protein	13.5g

This newsletter/poster is provided for general informational purposes only and should not be considered medical advice, diagnosis or treatment recommendations.

Source: https://thedietitianfeed.com/2023/04/17/tiramisu-overnight-oats/#recipe

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20-20-20 Challenge

Every 20 minutes look 20 feet away for 20 seconds and allow your eyes to refocus.

Employer Completion Form

☐ I, _____, successfully completed the 20-20-20 Wellbeing Activity by:

_____

_____

_____

Signed: _____ Date: _____

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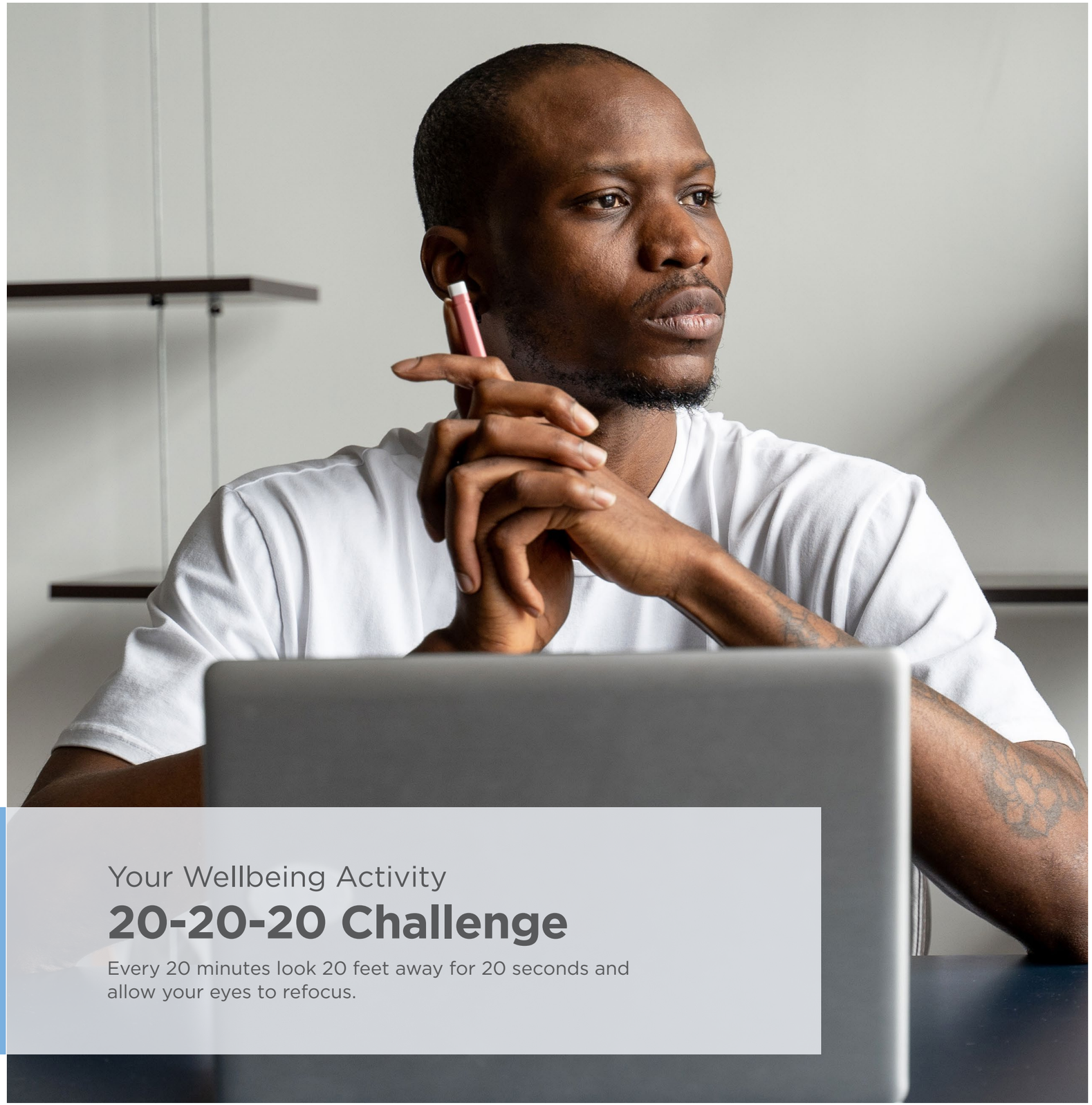

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Your Wellbeing Activity

20-20-20 Challenge

Every 20 minutes look 20 feet away for 20 seconds and allow your eyes to refocus.

Rest Your Eyes

Set an Alarm

If you lose track of time easily, set an alarm to take digital breaks.

Find a Focal Point

Locate an object that is roughly 20 feet away and use it as your focal point.

Use a Jingle

Sing Happy Birthday in your head, which takes roughly 20 seconds to recite.

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