



This workplace has been recognized by the American Heart Association for meeting criteria for employee wellness.

WELLNESS NEWSLETTER

August: Sleep Disorders

REST Eazzzzzy

Issue: August 1, 2014

Healthy sleep habits can make a big difference in your quality of life. Try to keep the following sleep practices on a consistent basis:

- Stick to the same bedtime & wake up time, even on week-ends.
- Practice a relaxing bedtime ritual.
- Avoid naps, especially in the afternoon.

Below: This Lemur meditates daily at our nationally recognized CMC Park/Zoo.

- Exercise daily.
- Evaluate your room—design a sleep environment that is cool, noise and light free.
- Sleep on a comfortable mattress and pillows.
- Avoid alcohol, cigarettes, & heavy meals in the evening.
- Wind down before you sleep. Your body needs time to shift into a sleep mode, so spend the last hour before bed doing a calming

- activity such as reading.
- If you can't sleep, go into another room and do something relaxing until you feel tired.
- It is best to take work materials, computers and TV's out of the sleeping environment.
- If you are still having trouble sleeping, don't hesitate to speak with your health care provider or find a sleep professional.

(Ref: mayoclinic.com; cdc.com)

What's Happening?

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*The HEALTH DEPARTMENT has free employee clinics - August 21 (7:30 thru 8:15) September 18 (7:30-8:15) Register at the Wellness event calendar. Use the Health Dept clinic entrance.*

*Next Healthy Eating Class is Aug 20th at 5 PM "HEALTHY DESSERTS" Registration is requested.*

*Check out the WC calendar for more info on our classes. Gym classes are free and all members are welcome!*



### MEDITATION

Meditation may improve sleep among people struggling with insomnia, a condition estimated to affect about 60 million Americans. Meditation is a technique that involves consciously directing one's attention to an object of focus, such as breathing or a sound or word, in order to increase awareness of the present, relaxing the body, and calming the mind. Some types of meditation include guided meditation (such as MBSR), vispassana meditation, yoga nidra, or body scan.

While few studies have tested meditation's effects on sleep, some medical experts suggest that practicing meditation may protect against sleep disturbance by reducing stress and promoting relaxation.

(Ref: <http://altmedicine.about.com/>)

**Mindfulness Based Stress Reduction (MBSR) classes are offered regularly thru the Wellness Center & at Social Services. Check the wellness calendar for more info...**

### Safety Contest Winners:

- \* Donna Boyle (Aging) \*
- Lisa Burkhead (Treasurer)
- Mary Ecklund (Library)
- Candice Ivans (Soc.Serv)
- Mayra Coraejo (Soc.Serv)
- Diana Hevener and the Clerk's office staff.

The Safety Team is working on integrating your ideas into the workplace. For more information or to submit ideas, please contact Bill Holmes at 465-6491.