



Healthy Habits

The newsletter for busy Cal employees who want to improve their health!

March 16, 2009

WEEK 4

Catching Quality Z's

Sleep isn't the passive, unresponsive, unconscious occurrence that it once was thought to be. The brain is actually very active during sleep and the body does many different things depending on the current stage of sleep. For example, during some stages the body works on repairing tissues and cells and other stages help make memories and learn tasks. A good night of sleep can also help boost the immune system and help the nervous system work well. For most adults, a "good night of sleep" means about 7-9 hours a night.

Research has shown that adults who don't get enough sleep have a higher mortality rate than those that do. What else happens without enough sleep? Memory impairment, slower reflexes and impaired physical performance, drowsiness, inability to concentrate, shortened temper, higher stress, higher risk for illness, less motivation and more mistakes made, just to name a few things.

Try your best to get 7-9 hours each night in order to keep your body working and feeling optimally. If you need some help getting to sleep or getting enough sleep, take a look at these suggestions.

- Go to bed and get up at the same time every day, including weekends.
- Start a relaxing bedtime routine. Do some gentle stretching, take a warm bath, read a book or listen to some music.
- Avoid caffeine, nicotine, alcohol, and large meals before bed.
- Exercise regularly, but no too late in the day.
- Keep your bedroom dark, quiet and cool.
- Keep the TV off and other sources of bright light, like a computer monitor and digital clocks.
- Don't take naps late in the day, and keep them under an hour.
- If you don't fall asleep within 20 minutes, get up and do something else relaxing until you get tired again.

Remember that sleep is important for you and your health. Sleep deprivation is not okay and not something you should try to get used to. Make a plan, identify what may be preventing you from getting enough sleep and change your habits to fit in 7-9 hours a night. If you have made some changes and find you still have trouble sleeping, talk to your doctor or consult a sleep clinic to help identify and treat any possible causes of your sleep disturbance.



Sleep Resources

•UHS CARE Services

•<http://www.uhs.berkeley.edu/facstaff/care/index.shtml>

•Sleeping Soundly – UHS

•<http://www.uhs.berkeley.edu/home/healthtopics/sleep.shtml>

•Why Sleep is Important – APA

•<http://www.apa.org/topics/whysleep.html>

•National Sleep Foundation

•http://www.sleepfoundation.org/site/c.huIXKjM0Ix F/b.2417141/k.27D9/Home_of_the_Sleep_in_America_Poll.htm

•Sleep Disorders Information – NHLBI

•<http://www.nhlbi.nih.gov/health/public/sleep/>

•Interactive Sleep Quiz

•<http://www.nhlbi.nih.gov/about/ncsdr/patpub/content.htm>

•Sleep Disorders Interactive Tutorial – National Library of Medicine

•<http://www.nlm.nih.gov/medlineplus/tutorials/sleepdisorders/htm/index.htm>

•Sleep Center – Mayo Clinic

•<http://mayoclinic.com/health/sleep/SL99999>

Announcements

Restorative Yoga Introduction:

Monday, April 6 or June 1, 12:10-1pm
Tang Education Center

In this introductory class participants will learn how Restorative Yoga encourages a state of deep relaxation using props and simple poses that can be done anywhere. Enroll online at the UCB Learning Center.