

New Year, New Sleep Habits

Sleeping well directly affects your mental and physical health. According to the Centers for Disease Control and Prevention (CDC), more than one-quarter of the U.S. population reports not getting enough sleep from time to time. Insufficient sleep raises your risk of accidental injury and many chronic health conditions, including diabetes, heart disease and depression. Insufficient sleep can also take a serious toll on your energy, productivity, emotional balance and weight.

You can make simple but important changes to your daily routine and bedtime habits that affect how well you sleep. These tips can help you improve your sleep hygiene and prepare the perfect environment to catch some zzz's.

Establish a routine: Frequently changing your bedtime confuses your body's biological clock. Follow a regular schedule, even on weekends and holidays, to help you get the rest you need.

Exercise during the day: People who exercise regularly sleep better at night and feel less sleepy during the day. Regular exercise also improves the symptoms of insomnia and sleep apnea and increases the amount of time you spend in the deep, restorative stages of sleep.

Make smart eating choices: Your daytime eating habits play a role in how well you sleep – especially in the hours before bedtime. Too much caffeine can cause sleep problems up to ten to twelve hours after consumption.

Wind down and clear your mind: Practicing relaxation techniques before bedtime is a great way to wind down, calm the mind and prepare for sleep.

Set the scene: Light, sound and temperature are some of the most common causes of sleep disruption. Find ways to moderate those factors and create a consistently quiet, dark and cool environment.

Some of these tips are easier to include in your daily and nightly routine than others. However, if you stick with them, your chances of achieving restful sleep will improve. Not all sleep problems are so easily treated. Sleep disorders such as apnea, restless leg syndrome, narcolepsy or another clinical sleep problem require treatment. If your sleep difficulties don't improve through good sleep hygiene, you may want to consult your healthcare provider or a sleep specialist.

Difficulty sleeping? Want to consult a physician?

For assistance scheduling an appointment, call Service Coordination today!

(888) 977-3319

For the full article, visit:
https://www.cdc.gov/pccd/issues/2013/13_0081.htm



SAFETY TIPS

JANUARY 2018

Carbon Monoxide Poison Prevention

According to the Centers for Disease Control and Prevention, the first month of the year is the worst for carbon monoxide (CO) poisoning. At least two people die each day from carbon monoxide poisoning in January - three times the fatality rate recorded in August and July.

Fatalities are highest among men and senior citizens. Men tend to be engaged in more high-risk activities such as working with fuel-burning tools or appliances. Seniors are likely to mistake the symptoms of CO poisoning (headaches, nausea, dizziness or confusion) for the flu or fatigue.

Remember the following safety tips to prevent CO poisoning:

- Have your heating system, water heater and any other gas, oil or coal-burning appliance inspected and serviced by a qualified technician every year.
- Install battery operated CO detectors on every level of your home.
- Don't use a generator, charcoal grill, camp stove or other gasoline or charcoal-burning device inside the home, basement or garage or outside the home near a window.
- Don't burn anything in an unventilated stove or fireplace.
- Don't let a vehicle idle inside a garage attached to a house even if the garage door is left open.
- Don't heat a house with a gas oven.

If a CO detector sounds, leave your home immediately and call 911 from outside. Seek prompt medical attention if you suspect CO poisoning or if you or someone in your household feels dizzy, light-headed or nauseated due to CO issues.

CO poisoning is preventable. Protect yourself and your family by staying proactive and learning the symptoms of CO poisoning.

-  *CAN'T be SEEN*
-  *CAN'T be SMELLED*
-  *CAN'T be HEARD*
-  *CAN BE STOPPED!*

To schedule
a safety talk,
call Service
Coordination
today!

(888) 977-3319

For full article, visit:
<https://www.cdc.gov/features/copoisoning/index.html>

**SAFETY
FIRST!**



Recipe



Grilled Lemon-Garlic Chicken with Grilled Okra

Ingredients (4 servings)

- 1/2 cup fresh lemon juice
- 6 to 8 clove garlic (minced)
- 2 Tbsp minced, fresh rosemary
- 1 tsp garlic powder
- 2 Tbsp canola oil
- 1 1/2 lb boneless, skinless, thinly sliced chicken breast
- 1/4 tsp salt
- 1/2 tsp pepper
- 3 lb okra

NUTRITION FACTS

Calories 338
 Total Fat 8.6g
 Cholesterol 109mg
 Sodium 512mg
 Total Carbohydrates 25.5g
 Protein 5.0g

Directions

1. Into a small bowl, add lemon juice, garlic, rosemary, garlic powder, and 1 tablespoon oil. Place chicken and marinade into a large Ziploc bag. Seal the bag, place in the refrigerator and let marinate anywhere from 2 hours to 12 hours.
2. To cook, prepare the grill to high heat. Coat the grates with nonstick cooking spray.
3. Remove chicken from marinade and discard the marinade. Blot most of the marinade from the chicken. Season chicken with 1/4 tsp of salt. Place on the grill and cook about 7 to 10 minutes. Transfer to a plate and cover with foil.
4. Place okra in a large bowl and season with 1 Tbsp oil and 1/4 tsp pepper.
5. Place okra on the grill across the direction of the grates. Grill about 6 to 8 minutes.
6. Serve okra with the reserved chicken.

For Full recipe and nutritional facts, go to :
<https://recipes.heart.org/recipes/2060/grilled-lemon-garlic-chicken-with-grilled-okra>

