

THE LINK BETWEEN SLEEP AND WEIGHT LOSS, CONTINUED...

WHAT TO DO?

APRIL 8, 2019

OK, FIRST OF ALL THE MAY SCHEDULE...I GUESS WE'LL HAVE TO BE ON SUMMER BREAK FOR THE WHOLE MONTH! I'LL BE GONE THE FIRST THREE MONDAYS – THEN THE LAST MONDAY IS MEMORIAL DAY, SO THE HEALTH DEPARTMENT WILL BE CLOSED. BUSINESS AS USUAL STARTING JUNE 3RD!

IF YOU HAVE PROBLEMS SLEEPING, YOU'RE NOT ALONE! RESULTS FROM A POLL INDICATE THAT MORE THAN ONE-THIRD OF U.S. ADULTS AREN'T GETTING ADEQUATE SHUT-EYE. THE PERCENTAGE OF FOLKS GETTING AT LEAST 7 HOURS OF SLEEP VARIED SOMEWHAT BY STATE, RANGING FROM A LOW OF 56% IN HAWAII TO A HIGH OF 72% IN SOUTH DAKOTA. I'VE BEEN TO BOTH PLACES. PERSONALLY, I'M PRETTY SURE I'D SLEEP LESS IF I WERE IN HAWAII, AND MORE IN SOUTH DAKOTA, TOO!

SPEAKING FROM MY OWN EXPERIENCE – AND FROM CLASS DISCUSSION LAST WEEK, WE ALREADY KNOW THAT THE VERY ANNOYING SYMPTOMS OF SLEEP DISORDERS VARY AMONG PEOPLE – AND EVEN VARY FROM DIFFERENT TIMES OF THE YEAR FOR INDIVIDUALS. THE MOST COMMON TYPES OF SLEEP DISORDERS:

- **SNORING / SLEEP APNEA**
 - **THESE ARE RELATED DISORDERS; THEY BOTH REPRESENT DIFFICULTY KEEPING THE THROAT OPEN DURING SLEEP.**

- **INSOMNIA**
 - **THIS IS THE MOST COMMON DISORDER.**

- **PARASOMNIAS**
 - **EXAMPLES INCLUDE SLEEP WALKING, SLEEP TERRORS, AND SLEEP EATING!**

- **SLEEP PARALYSIS**
 - **TERRIFYING! THIS IS THE TEMPORARY INABILITY TO MOVE WHEN FALLING ASLEEP OR WAKING UP!**

- **RESTLESS LEG SYNDROME**
 - **SYMPTOMS OCCUR AT REST OR AT NIGHT, MAKING FALLING ASLEEP DIFFICULT.**

- **CIRCADIAN RHYTHM DISORDERS**
 - **THIS OCCURS WHEN AN INDIVIDUAL'S INTERNAL BIOLOGICAL CLOCK IS OUT OF SYNC WITH EXTERNAL TIME CUES.**

- **NARCOLEPSY**
 - **CHARACTERIZED BY 4 CLASSIC SYMPTOMS: EXCESSIVE DAYTIME SLEEPINESS, CATAPLEXY, SLEEP PARALYSIS, AND HYPNAGOGIC HALLUCINATIONS.**

- **CHRONIC FATIGUE SYNDROME**
 - **UNEXPLAINED PROLONGED FATIGUE NOT IMPROVED BY REST.**

- **JET LAG**
 - **TEMPORARY CONDITION CAUSED BY TRAVEL ACROSS TIME ZONES.**

- **SEASONAL AFFECTIVE DISORDER**
 - **ASSOCIATED WITH DEPRESSION / EXCESSIVE SLEEPINESS DURING WINTER MONTHS.**

AS WE FOUND OUT LAST WEEK, TOO LITTLE SLEEP INCREASES THE RISK FOR A NUMBER OF HEALTH CONDITIONS, INCLUDING WEIGHT MANAGEMENT ISSUES. ENOUGH OF THIS YUCKY NEWS...WHAT CAN WE DO ABOUT IT???

TIPS FOR GOOD SLEEP HYGIENE!

- **DON'T GO TO BED HUNGRY...BUT DO AVOID A *BIG* MEAL BEFORE GOING TO BED.**
- **REGULAR PHYSICAL EXERCISE HELPS WITH SLEEP; HOWEVER DO AIM TO AVOID A STRENUOUS WORKOUT 3 HOURS BEFORE BEDTIME.**
- **AVOID STIMULENTS: CAFFEINE WITHIN 4 – 6 HOURS OF BEDTIME; NO NICOTINE CLOSE TO BEDTIME OR DURING THE NIGHT.**
- **AS TEMPTING AS IT MAY BE, DON'T NAP DURING THE DAY!**
- **IF YOU CONSUME ALCOHOL, THE CUTOFF POINT SHOULD BE WITHIN 2 HOURS OF BEDTIME.**
- **ESTABLISH A RELAXING PRE-SLEEP RITUAL. A HOT BATH HELPS YOUR TEMPERATURE TO RISE, AND THE COOL DOWN PERIOD IMMEDIATELY AFTERWARD HELPS YOU RELAX! I READ A FEW PAGES OF A BOOK EVERY NIGHT – BUT SAVE THE EXCITING STUFF FOR ANOTHER TIME OF DAY. (OTHERWISE, THIS CAN BACKFIRE!) P.S.! SPEAKING OF RITUALS: A CONSISTENT SLEEP SCHEDULE HELPS, AS WELL.**
- **CREATE A PLEASANT SLEEP ENVIRONMENT. ACTIVITIES SUCH AS BILL PAYING AND SURFING THE INTERNET NEED TO TAKE PLACE IN A DIFFERENT PART OF THE HOUSE! DARK AND QUIET ARE KEY. DO YOU NEED A NEW PILLOW? DIFFERENT P.J.s? SOME LIKE “WHITE NOISE” – A FAN, FOR EXAMPLE, WILL DROWN OUT OTHER MORE DISTRACTING NOISES.**

SPEAKING OF ACTIVITIES THAT ARE DETRIMENTAL: POWER DOWN! MY PHONE IS ON MY NIGHT STAND AS AN ALARM, BUT I DON'T LOOK AT E-MAILS NOR ANY SOCIAL MEDIA BEFORE BEDTIME. THE “BLUE LIGHT” (EMITTED FROM T.V. OR ANY DIGITAL DEVICE!) CAN INTERRUPT YOUR SLEEP CYCLE BY SUPPRESSING THE BODY'S MELATONIN PRODUCTION.

HOW DID YOU DO WITH “NO PANCAKES / WAFFLES / FRENCH TOAST?”

OUR “NO!” FOOD FOR THIS WEEK: ICE CREAM (YES! THAT INCLUDES POPSICLES, SHERBET, ETC.)



(ACTUALLY MY FAVORITE AUTHOR!!!)