

Positive Pulse Wellness Newsletter



Volume 2, Issue 6

December 1, 2015

"Promote and protect the wellness of our community through education, programs, and services".

What You Do Before Bedtime Matters

Inside this issue:

What You Do Before Bedtime Matters	1
Master Your Sleep Cheat Sheet	1
Flu	2
Toys Safety and Injury Safety Tips	2-3
Stay Safe and Healthy In Winter	3
Brandi's "Clean Eating" Recipe	3

Caffeine too close to bedtime can increase brain arousal as can bringing work home and doing stressful work before bed. It is still completely uncertain as to how long it takes for the mind to wind down after doing stressful work.

Smartphones make our lives undeniably more convenient, but their addictive pull can also interfere with your body's circadian rhythm and prevent you from getting a good night's sleep. When you're plugged in you are constantly available to family, friends, and work colleagues. There is no down time. Even when you are not

actually checking your phone for the latest text or update, a corner of your brain is constantly distracted, wondering if a new message has arrived.

The end result is that you're always on call. Being "on" 24/7 can leave you feeling distracted and anxious. If you check your phone at night it can arouse your brain and make it hard for you to fall asleep.

Distractions is just a part of the problem with electronic devices. The screens of smartphones and other digital devices emit short wavelength blue light that can suppress melatonin produc-

tion and interfere with sleep. Melatonin is a hormone the body produces at night in response to dwindling light. Melatonin signals the body to sleep. Disruptions in melatonin production can disrupt sleep duration and quality.

If you want to improve your sleep and fall asleep faster, you need to develop an evening routine that promotes sleep. This starts with setting a regular bedtime.

Once you have your bedtime, you need to reserve the hour before that bedtime as your wind down period.

See below:

Master Your Sleep Cheat Sheet

Special points of interest:

* December 2015 Monthly Challenge Options: Complete the 30-day napping challenge; Complete the 25 miles to Christmas Challenge (walk 1 mile for 25 days during December).

<p>6 Hours Before</p> <p>No caffeine or cigarettes</p> <p>4 Hours Before</p> <p>No more alcohol</p> <p>2 Hours Before</p> <p>No more exercise</p> <p>1 Hour Before</p> <p>No more fluids No more work</p>	<p>Start Wind Down</p> <p>Put on pajamas Prepare for the next day</p> <p>30 Minutes Before</p> <p>Read Listen to music Breathing meditation Progressive muscle relaxation</p> <p>Bedtime</p> <p>Adjust thermostat 68-74 Use fan to help feel cool Lights out, TV off Use eye covers to keep the room black Cover LED displays.</p>
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Flu Vaccine—National Influenza Vaccination Week!

Have you gotten your flu vaccine? It's not too late! December 6-12, 2015 is National Influenza Vaccination Week. According to the Centers for Disease Control and Prevention, a yearly flu vaccine is recommended for everyone 6 months of age and older. Vaccinations is especially important for protecting those at high risk for serious flu complications, including:

- Young children
- Pregnant women
- Adults 65 years and older

- Anyone with chronic health conditions like asthma, diabetes, and heart disease.

Get your flu vaccine. It's safe and your best protection against the flu!



Signs and Symptoms of the Flu:

- Fever or feeling feverish/chills (fever may not be present in all)
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue
- Some people may have vomiting and diarrhea (more common in children)

How Flu Spreads:

Most experts believe that flu viruses spread mainly by droplets made when people with flu cough, sneeze, or talk. These droplets can land in the mouths or noses of people who are nearby. Less often, a person might also get flu by touching a surface or object that has flu virus on it and then touching their own mouth, eyes, or possibly their nose.

Periods of Contagiousness:

According to the CDC, you may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick. Most healthy adults may be able to infect others beginning 1 day **before** symptoms develop and up to 5 to 7 days **after** becoming sick. Children may pass the virus for longer than 7 days. Symptoms start 1 to 4 days after the virus enters the body. **That means that you may be able to pass**

on the flu to someone else before you know you are sick, as well as while you are sick. Some people can be infected with the flu virus but have no symptoms. During this time, those persons may still spread the virus to others.

Prevent Seasonal Flu:

Get vaccinated, wash hands frequently, stay home if you are sick!!!

Prevent Blindness, Toy Safety and Injury Tips

With the holiday gift giving season upon us, it is important to keep in mind safety when purchasing toys, especially for the younger people in our lives. According to the U.S. Consumer Product Safety Commission, there was an estimated 262,300 toy-related injuries treated in the U.S. hospital emergency departments in 2011.

Prevent Blindness strongly recommends:

- Read all warning and instructions on toys.
- Avoid toys with sharp or rigid points, shafts, spikes, rods, and dangerous edges.
- Keep toys intended for older children away from younger children.
- Avoid flying toys and projectile-firing toys; these pose a danger to

all children, particularly those under 5 years old.

- Be aware of items in playgrounds and play areas that pose potential eye hazards.

How do I select a safe toy?

- Avoid toys that shoot or include parts that fly off.
- Inspect toys for solidness. Your

Prevent Blindness, Toy Safety and Injury Tips (continued)

child's toys should be durable with no sharp edges or points. The toys should also withstand impact.

- Look for the letters "ASTM". This designation means the product meets the national safety standards set by the American Society for Testing and Materials (ASTM).

How Can I Keep My Child Safe After Buying a Toy?

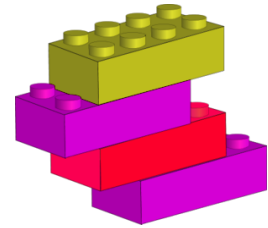
- Explain how to use the toy.
- Repair or throw away damaged toys.

- Keep toys meant for older children away from younger ones.
- Don't let your child misuse toys in ways that could be dangerous.

Help Prevent Eye Injuries:

- Store or give away toys that your child has outgrown.
- Keep your child away from unsafe areas in the home. Make sure your child plays in an open area and, if necessary, under your supervision. Make a list of safety rules and

share them with your child. If your child is playing with friends, tell everyone your safety rules.



Stay Safe and Healthy in Winter

Many people prefer to remain indoors in the winter, but staying inside is no guarantee of safety. According to the CDC, take these steps to keep your home safe and warm during the winter months.

*Winterize your home: Install weather stripping, insulation, and storm windows; Insulate water lines that run along ex-

terior walls; Clean out gutters and repair roof leaks.



*Check your heating systems: Have your heating system serviced professionally to make sure it is clean, working properly, and ventilated to the outside; Inspect and clean fireplaces and chim-

neys; Install a smoke detector and test batteries monthly; Have a safe alternate heating source and alternate fuels available; Prevent carbon monoxide (CO) emergencies: Install a CO detector to alert you of the presence of the deadly, odorless, colorless gas. Check batteries regularly; Learn symptoms of CO poisoning such as headaches, nausea, and disorientation.

Brandi's "Clean Eating" Recipe of the Month

Santa Hat Recipe (makes 10 hats)

Ingredients:

- 10 fresh strawberries
- 1/2 cup part skim ricotta cheese
- 2 tablespoons confectioners sugar
- 1/4 teaspoon vanilla

Directions:

Hull strawberries and slice a small por-

tion off the bottom so that the strawberry will lay flat. Mix together ricotta, sugar, and vanilla. Using a spoon, put filling between the bottom slice and the top slice. Add a dab of filling to the tip of the strawberry.

These can be enjoyed immediately or put in the refrigerator to be served later. These will last one day in the fridge. www.snack-girl.com



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