



LIFESTYLE AND FAMILY

<p style="text-align: center;">The benefits of activity</p>  <ul style="list-style-type: none"> • Those who exercise regularly experience more deep sleep (which helps to restore the body) compared to those who do not exercise or who exercise infrequently. • According to NASA scientists, frequent, short breaks during a work shift can help you feel alert. For a quick energy boost, take a few minutes every hour or so to get up, walk around, stretch, grab a snack, or talk to a co-worker. 	<p style="text-align: center;">Family support</p> <p>Balancing family and work demands is a challenge for busy families, particularly for those who work irregular schedules.</p> <ul style="list-style-type: none"> • Make sleep a priority before and after work shifts; coordinate with family and friends to protect rest time • Create a sleep-friendly environment; use a fan or ear plugs to mask noises from outside or in the household • Make good sleep a goal for the whole family 	<p style="text-align: center;">Take time to “wind down”</p> <p>In the hour leading up to bedtime, try relaxing activities like reading, listening to music, or meditation. Set aside some ‘worry time’ before lights out to manage stress and improve your sleep.</p> 
<p style="text-align: center;">Healthy tips</p> <ul style="list-style-type: none"> • Exercise has a stimulating effect, so avoid working out within 3 hours of bedtime. • Caffeine can help with alertness, but don’t forget to drink plenty of water to counteract caffeine’s dehydrating effects. • Remember that alcohol can negatively affect your sleep; it may help for falling asleep, but the amount and quality of the sleep can be affected. • To calculate your Body Mass Index (BMI), visit http://www.nhlbisupport.com/bmi 	<p style="text-align: center;">Better sleep = Better health</p> <p>A Harvard study shows that chronic sleep restriction increases levels of appetite and stress hormones, reduces the ability to metabolize glucose and increases production of hormones that cause carbohydrate and sugar craving. This leads to weight gain, increased risk of sleep apnea, and other health problems.</p> <p style="text-align: center;"><i>Sleep loss → Weight gain → More sleep loss</i></p>	<p style="text-align: center;">Don’t cheat on sleep!</p> <p>Averaging 4 hours of sleep for 4-5 consecutive nights affects us in the same way as going without sleep for 24 hours. Sleep-deprived individuals in laboratory studies perform the same as those who were legally drunk, with impaired motor control, slowed reaction time, and decreased problem-solving and decision-making capabilities. If you anticipate a busy schedule, try to plan for sleep times to allow for more rest.</p>

“Early to bed, early to rise, makes a man healthy, wealthy and wise” – Benjamin Franklin