

# The Wellness Exchange



A Publication of  
**BUSINESS HEALTH SERVICES<sup>SM</sup>**  
*Solutions for a Healthier Workplace<sup>SM</sup>*

For more information call 1-800-765-3277 or visit [www.bhsonline.com](http://www.bhsonline.com)

## Get A Better Night Sleep



### Are You Sleeping Enough?

A good night's sleep improves an individual's energy level, enhances their ability to think clearly, and strengthens their capacity to deal with life's daily challenges. The National Institute of Health estimates infants on average need 16 hours, teenagers need 9 hours, and most adults can function perfectly well on 7-8 hours. However, it all depends on the individual.

When you regularly fall short of your sleep requirements, you develop a "sleep debt" where the lost sleep hours increase drowsiness. Generally, losing 1-2 hours of sleep each week won't impact a person's ability to perform. However, losing 3-4 hours of sleep will.



### The Dangers of Lost Sleep

Studies by the Better Sleep Council show about 47 million Americans aren't getting the minimum amount of sleep needed each night. Additionally, 17% of Americans are losing sleep at least 3 nights a week.



Lost sleep can result in:

- Increased irritability
- Overeating
- Anger
- Stress
- Pessimism
- Fatigue
- Dissatisfaction with life
- Impaired concentration and decision making
- Impaired work performance

### Why Are You Losing Sleep?

According to a Better Sleep Council, Americans state that the number one source of stress that keeps them tossing and turning is family matters. Job related concerns and financial matters were also a high source of worry.

With all of the forces in our life competing for time and attention, it's important to remember the things in life that we can control, such as getting a good night's sleep.

Remember: Starting each day with a good night's sleep and taking control of your personal sleep environment can effectively reduce stress and improve your quality of life.



### Ten Tips For Better Sleep

1. Give yourself permission to go to bed.
2. Unwind early in the evening. Try to deal with worries before bedtime.
3. Develop a sleep ritual. Do the same things each night just before bed.
4. Keep regular hours (keep your biological clock in check).
5. Create a restful place to sleep.
6. Invest in a decent mattress - you spend a third of your life there!
7. Exercise regularly - but not too close to bedtime.
8. Cut down on stimulants.
9. Don't smoke. Smokers take longer to fall asleep and wake up more often.
10. Reduce alcohol intake.

For more tips on "Better Sleep" visit the Better Sleep Council's website at [www.bettersleep.org](http://www.bettersleep.org) or call BHS and speak with a Master's Level Clinician. We are available 24 hours a day, 7 days a week! Call Today!



# When Children Are Bullied



There are different forms that bullying may take: physical bullying, such as hitting or punching; verbal bullying, such as teasing or name-calling; nonverbal or emotional bullying, such as intimidating someone through gestures or social exclusion.

## Signs that a Child is Being Bullied

- The child comes home with torn, damaged, or missing pieces of clothing, books or other belongings.
- The child has unexplained bruises, cuts or scratches.
- The child seems afraid of going to school, walking to and from school, riding the school bus or taking part in organized activities with peers.
- The child appears sad, moody, teary or depressed when he or she comes home.
- The child frequently appears anxious and/or suffers from low self-esteem.

## Common Characteristics of Children Who Bully

- Impulsive, hot-headed, dominant
- Easily frustrated
- Lack empathy
- Have difficulty following rules
- View violence in a positive way
- Boys who bully tend to be physically stronger than other children

## Effects of Bullying

([www.stopbullyingnow.hrsa.gov](http://www.stopbullyingnow.hrsa.gov))

**It happens a lot more than some people think.** Studies show that between 15-25% of U.S. students are bullied with some frequency, while 15-20% report they bully others with some frequency.

**It can make a mess of a child's future.** Young people who bully are more likely than those who don't bully to skip school and drop out of school. They are also more likely to smoke, drink alcohol and get into fights.

**It scares some children so much that they skip school.** As many as 160,000 students may stay home on any given day because they're afraid of being bullied.

**It can lead to huge problems later in life.** Children who bully are more likely to get into fights, vandalize property, and drop out of school. In addition, 60% of boys who were bullies in middle school had at least one criminal conviction by the age of 24.

## Cyber Bullying

Children and youth also may be involved in cyber bullying. This occurs when children or teens bully each other using the Internet, mobile phones or other cyber technology. This can include:

- Sending mean text, e-mail, or instant messages
- Posting nasty pictures or messages about others in blogs or on websites
- Using someone else's user name to spread rumors or lies about someone



## Want More Information?

To learn more about bullying and what you can do, please visit the following websites:

- [www.stopbullyingnow.hrsa.gov](http://www.stopbullyingnow.hrsa.gov)
- [www.tolerance.org](http://www.tolerance.org)
- [www.ncpc.org](http://www.ncpc.org)
- [www.safeyouth.org](http://www.safeyouth.org)
- [www.girlshealth.gov](http://www.girlshealth.gov)

**Master's Level Clinicians are available 24 hours a day, 7 days a week. Call us today!**