

AMH

InsideOut

ABC's of ZZZZs—When You Can't Sleep

Adapted from the National Sleep Foundation

Sleep is not merely a "time out" from our busy routines; it is essential for good health, mental and emotional functioning and safety. Researchers have found that people with chronic insomnia are more likely than others to develop mental health problems and have greater need for healthcare services. People suffering from a sleep disorder called sleep apnea are at risk for high blood pressure, heart attacks, stroke and motor vehicle accidents if left untreated.

Even occasional sleeping problems can make daily life feel more stressful or cause you to be less productive. People who have trouble getting enough sleep experience difficulty concentrating, accomplishing tasks, and handling minor irritations.



Overall, sleep loss has been found to impair the ability to perform tasks involving memory, learning, and logical reasoning. This may contribute to mistakes or unfulfilled potential at work and strained relationships at home.

Insufficient sleep can also be extremely dangerous, leading to serious or even fatal accidents. The

National Highway Traffic Safety Administration has estimated more than 100,000 auto accidents annually are fatigue related. These drowsy driving accidents cause more than 1,500 deaths and tens of thousands of injuries and lasting disabilities.

How Much Sleep Is Enough?

In general, most healthy adults need seven to nine hours of sleep a night. However, some individuals are able to function without sleepiness or drowsiness after as little as six hours of sleep. Others can't perform at their peak unless they've slept ten hours. And, contrary to common myth, the need for sleep doesn't decline with age.

If you have trouble staying alert during boring or monotonous situations when fatigue is often "unmasked" you probably aren't getting enough good-quality sleep. Other signs are a tendency to be unreasonably irritable with co-workers, family, or friends, and difficulty concentrating or remembering facts.

So, What's The Secret To Good Sleep?

If you are having a sleep problem or feel sleepy during the day, a visit with your doctor is the best first step. Your doctor will first want to ascertain whether there are any underlying problems that are contributing to or causing your sleep problem.

In many cases, your doctor will be able to recommend lifestyle changes that can help promote sleep. In general, try to build into your schedule time for eight hours of sleep, and follow this routine as regularly as possible, even on the weekends. Here are a few tips many people have found to be useful.

- Avoid caffeine, nicotine and alcohol in the late afternoon and evening.



- Exercise regularly, but do so at least three hours before bedtime.
- If you have trouble sleeping when you go to bed, don't nap during the day.
- Don't use your bed for anything other than sleep or sex. Your bed should be associated with sleep.
- Make your sleep environment as pleasant, comfortable, dark and quiet as you can.
- Establish a regular, relaxing bedtime routine that will allow you to unwind and send a "signal" to your brain that it's time to sleep. Avoiding exposure to bright light before bedtime and taking a hot bath may help.
- If you can't go to sleep after 30 minutes, don't stay in bed tossing and turning. Get up and involve yourself in a relaxing activity, such as listening to soothing music or reading, until you feel sleepy. Remember: Try to clear your mind; don't use this time to solve your daily problems.

Resource: www.sleepfoundation.org

WATCH FOR UPCOMING EVENTS WITH AMH

March

- [Health Exercise Challenge \(ends 3rd\)](#)
- [Tobacco Cessation \(ends 14th\)](#)
- [Site Health Fairs \(10th\)](#)
- [Weight Loss Convoy \(Ongoing\)](#)
- [Workfit Leader Training \(11th\)](#)

April

- [Nutrition Challenge \(starts 4th-28th\)](#)
- [Site Health Fairs \(14th\)](#)
- [Weight Loss Convoy \(Ongoing\)](#)
- [Workfit Leader Training \(8th\)](#)



Select a link or visit our website: www.hanford.gov/amh

NEW Release of Dietary Guidelines for Americans!

by Kelly Harnish, AMH Health Education Specialist

The U.S. Department of Health & Human Services released new *Dietary Guidelines for Americans* this year. There are three major goals of the new guidelines:

- Balance calories with physical activity to manage weight.
- Consume more fruits, vegetables, whole grains, fat-free and low-fat dairy products, and seafood.
- Consume fewer foods with sodium (salt), saturated fats, *trans* fats, cholesterol, added sugars, and refined grains.

Eating and physical activity patterns that are focused on consuming fewer calories, making informed food choices, and being physically active can help people attain and maintain a healthy weight, reduce their risk of chronic disease, and promote overall health. This is a commonsense approach to a healthy lifestyle.

Dietary Guidelines for Americans, 2010 is being released at a time of rising concern about the health of the American population. Poor diet and physical inactivity are the most important factors contributing to an epidemic of overweight and obesity affecting men, women, and children in all segments of our society. Even at a normal weight, poor diet and physical inactivity are associated with major causes of illness and death in the United States. Therefore, the *Dietary Guidelines for Americans, 2010* is intended for Americans ages 2 years and older, including those at increased risk of chronic disease.

Check out the new *Dietary Guidelines for Americans, 2010* to see how they can help you reach and maintain your most optimal health. The *Guidelines* can be found at <http://www.health.gov/dietaryguidelines/2010.asp>. **It's your health, own it!**

Adapted from www.health.gov

UPDATE: HANFORD HEALTH & PRODUCTIVITY SYMPOSIUM

On January 25th, AdvanceMed Hanford hosted the very first Hanford Health & Productivity Symposium. The goals of the Symposium were to open the dialogue about the impact of employee health on safety, productivity, and health care costs, and to establish working relationships with representatives from Hanford contractors to craft health policies which support employee health. The event was a great success, with 50 people in attendance, representing all Hanford prime contractors and the Department of Energy. We also had participation from Group Health and United Health Care, who provide benefits to a large number of Hanford employees. The Health & Productivity Specialist from Washington State Department of Health, Sheila Pudists, gave a presentation titled "The Business Case for Wellness." Her presentation was followed by a lively discussion among attendees and the AMH panel regarding the path forward.

Because the need for effective employee health policies and environmental supports will always be present, we plan to host more symposiums in the future. Please feel free to contact AMH Health Education Services if you have questions on supporting health and productivity in the Hanford workforce. We can be reached at 376-3939 or ahew@rl.gov.



Invite AMH to be a guest at your next work group meeting

MARCH FEATURED PRESENTATION:
"The Importance of Adequate Sleep"

By Shannon Haselhuhn or Kelly Harnish
Email: AHEW@rl.gov Phone: 376-3939

Healthy Recipes

Mexican Bean & Rice Salad

Serves: 10

Ingredients:

- 2 cups cooked brown rice
- 1 (15 ounce) can kidney beans, rinsed and drained
- 1 (15 ounce) can black beans, rinsed and drained
- 1 (15.25 ounce) can whole kernel corn, drained
- 1 small onion, diced
- 1 green bell pepper, diced
- 2 jalapeño peppers, seeded and diced
- 1 lime, zested and juiced
- 1/4 cup chopped cilantro leaves
- 1 teaspoon minced garlic
- 1 1/2 teaspoons ground cumin
- salt to taste



Preparation:

In a large salad bowl, combine the brown rice, kidney beans, black beans, corn, onion, green pepper, jalapeño peppers, lime zest and juice, cilantro, garlic, and cumin. Lightly toss all ingredients to mix well, and sprinkle with salt to taste.

Refrigerate salad for 1 hour, toss again, and serve.

Serve as a salad, spoon into tortilla chips or create a burrito. Fast, easy, healthy and tasty.

For more: [Healthy Recipes](#)

PER SERVING:	
Calories	124
Total Fat	1 g
Cholesterol	0 mg
Sodium	259 mg
Carbohydrate	26 g
Dietary fiber	4.8 g
Protein	4.7 g