

Sleep for Health

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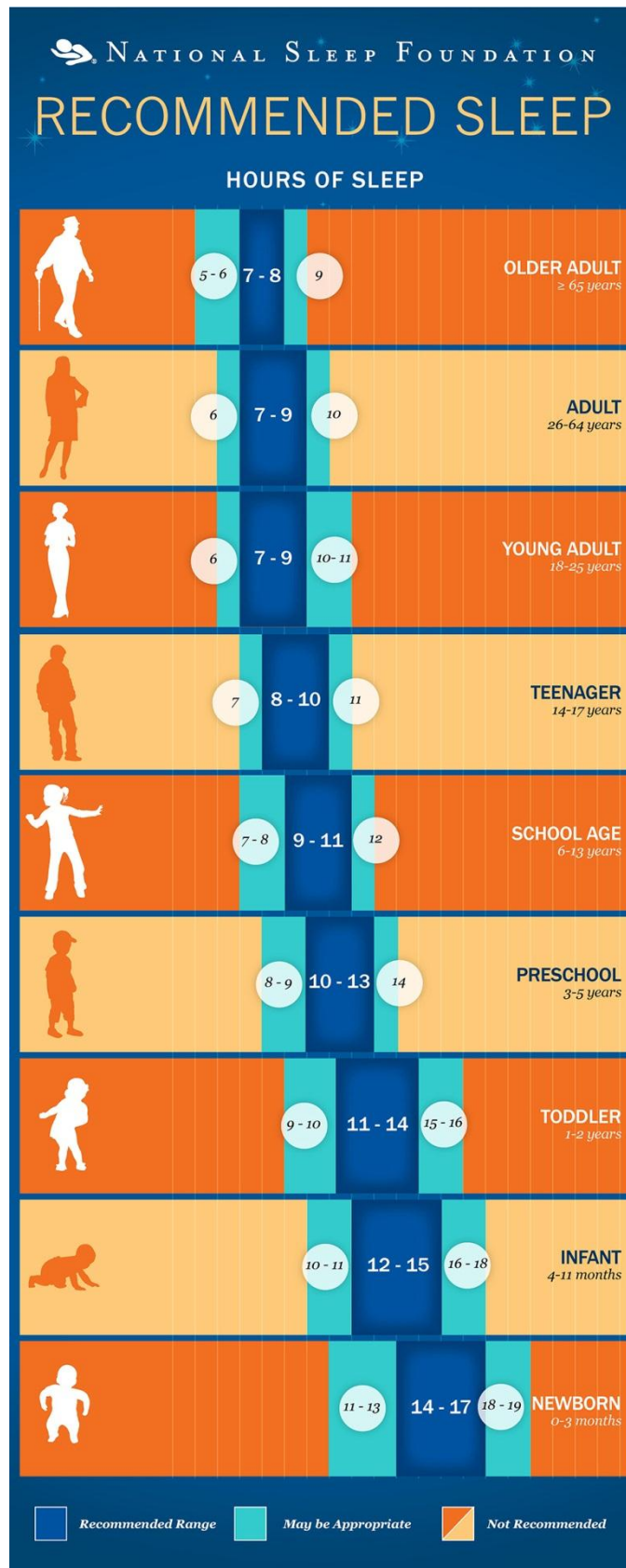
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September 2015



How Much Sleep Do We Really Need?



Source: <http://sleepfoundation.org/how-sleep-works/how-much-sleep-do-we-really-need>

Why Is Sleep Important?



Sleep plays a vital role in good health and well-being throughout your life. Getting enough quality sleep at the right times can help protect your mental health, physical health, quality of life, and safety.

The way you feel while you're awake depends in part on what happens while you're sleeping. During sleep, your body is working to support healthy brain function and maintain your physical health. In children and teens, sleep also helps support growth and development.

The damage from sleep deficiency can occur in an instant (such as a car crash), or it can harm you over time. For example, ongoing sleep deficiency can raise your risk for some chronic health problems. It also can affect how well you think, react, work, learn, and get along with others.

Healthy Brain Function and Emotional Well-Being

Sleep helps your brain work properly. While you're sleeping, your brain is preparing for the next day. It's forming new pathways to help you learn and remember information.

Studies show that a good night's sleep improves learning. Whether you're learning math, how to play the piano, how to perfect your golf swing, or how to drive a car, sleep helps enhance your learning and problem-solving skills. Sleep also helps you pay attention, make decisions, and be creative.

Studies also show that sleep deficiency alters activity in some parts of the brain. If you're sleep deficient, you may have trouble making decisions, solving problems, controlling your emotions and behavior, and coping with change. Sleep deficiency also has been linked to depression, suicide, and risk-taking behavior.

Children and teens who are sleep deficient may have problems getting along with others. They may feel angry and impulsive, have mood swings, feel sad or depressed, or lack motivation. They also may have problems paying attention, and they may get lower grades and feel stressed.

Physical Health

Sleep plays an important role in your physical health. For example, sleep is involved in healing and repair of your heart and blood vessels. Ongoing sleep deficiency is linked to an increased risk of [heart disease](#), kidney disease, [high blood pressure](#), diabetes, and [stroke](#).

Sleep deficiency also increases the risk of [obesity](#). For example, one study of teenagers showed that with each hour of sleep lost, the odds of becoming obese went up. Sleep deficiency increases the risk of obesity in other age groups as well.

Sleep helps maintain a healthy balance of the hormones that make you feel hungry (ghrelin) or full (leptin). When you don't get enough sleep, your level of ghrelin goes up and your level of leptin goes down. This makes you feel hungrier than when you're well-rested.

Sleep also affects how your body reacts to insulin, the hormone that controls your blood glucose (sugar) level. Sleep deficiency results in a higher than normal blood sugar level, which may increase your risk for diabetes.

Sleep also supports healthy growth and development. Deep sleep triggers the body to release the hormone that promotes normal growth in children and teens. This hormone also boosts muscle mass and helps repair cells and tissues in children, teens, and adults. Sleep also plays a role in puberty and fertility.

Your immune system relies on sleep to stay healthy. This system defends your body against foreign or harmful substances. Ongoing sleep deficiency can change the way in which your immune system responds. For example, if you're sleep deficient, you may have trouble fighting common infections.

Daytime Performance and Safety

Getting enough quality sleep at the right times helps you function well throughout the day. People who are sleep deficient are less productive at work and school. They take longer to finish tasks, have a slower reaction time, and make more mistakes.

After several nights of losing sleep—even a loss of just 1–2 hours per night—your ability to function suffers as if you haven't slept at all for a day or two.

Lack of sleep also may lead to microsleep. Microsleep refers to brief moments of sleep that occur when you're normally awake.

You can't control microsleep, and you might not be aware of it. For example, have you ever driven somewhere and then not remembered part of the trip? If so, you may have experienced microsleep.

Even if you're not driving, microsleep can affect how you function. If you're listening to a lecture, for example, you might miss some of the information or feel like you don't understand the point. In reality, though, you may have slept through part of the lecture and not been aware of it.

Some people aren't aware of the risks of sleep deficiency. In fact, they may not even realize that they're sleep deficient. Even with limited or poor-quality sleep, they may still think that they can function well.

For example, drowsy drivers may feel capable of driving. Yet, studies show that sleep deficiency harms your driving ability as much as, or more than, being drunk. It's estimated that driver sleepiness is a factor in about 100,000 car accidents each year, resulting in about 1,500 deaths.

Drivers aren't the only ones affected by sleep deficiency. It can affect people in all lines of work, including health care workers, pilots, students, lawyers, mechanics, and assembly line workers.

As a result, sleep deficiency is not only harmful on a personal level, but it also can cause large-scale damage. For example, sleep deficiency has played a role in human errors linked to tragic accidents, such as nuclear reactor meltdowns, grounding of large ships, and aviation.

SOURCE: <http://www.nhlbi.nih.gov/health/health-topics/topics/sdd/why#>

Sleep Matters: Are Kids Getting the zzzzzz's they Need?

Chrystle Fiedler, USA TODAY's Back to School 8:02 a.m. EDT July 25, 2015



Are your kids getting the sleep that they need? Probably not. If dealing with a cranky kindergartener or a bleary-eyed teen isn't proof enough, just ask the experts.

"Nationally, kids are going to bed too late," says Jodi Mindell, associate director of the Sleep Disorders Center at the Children's Hospital of Philadelphia.

Parents estimate that, on school nights, children ages 6 to 10 sleep 8.9 hours, well short of the recommended 10 to 11 hours, according to results of a National Sleep Foundation 2014 Sleep in America Poll.

And while 8.5 to 9.5 hours per night are recommended for youth from 11 to 17, the poll found that 11- and 12-year-olds averaged just 8.2 hours of sleep; 13- and 14-year-olds slept 7.7 hours, and teens 15 through 17 clocked just 7.1 hours, according to the NSF.

"Parents think that it's normal when it's difficult to get kids out of bed in the morning and for teens to sleep until noon on weekends, but it isn't," says Dr. Judith Owens, the director of the Center for Pediatric Sleep Disorders at Boston Children's Hospital. "Sleep loss at any age is serious business."

When children between the ages of 6 and 12 go to bed after 9 p.m., research shows they "take longer to fall asleep, wake up more often during the night, and have more sleep problems," says Mindell, who is also a professor of psychology and director of graduate psychology at Saint Joseph's University.

The importance of sleep

"Sleep is a biological imperative like nutrition and exercise," explains Owens. "But we've ignored that fact to our peril. Now, it's become a public health issue for children and teens."

Research has shown that a lack of sleep adversely affects academic performance — negatively impacting a child's cognitive ability, the ability to think, remember, concentrate, pay attention and solve problems, which are all aspects of learning.

Children who don't get enough sleep "can have behaviors that can look like ADHD and are more likely not (to) listen to parents and teachers," notes Mindell, co-author with Owens of *Take Charge of Your Child's Sleep*.

Lack of sleep and the teenage brain

A lack of sleep can wreak particular havoc in teens. Not getting enough sleep affects the development of three important areas of the adolescent brain: the prefrontal cortex that controls executive function and decision making, the striatum that is involved in risk-taking behavior and the amygdala, which is involved in emotional regulation.

"Our work shows that the level of impairment during sleep loss is equivalent to that of being moderately intoxicated," says Owens. "Accidents, sports-related injuries, even pedestrian injuries can be traced to a lack of sufficient sleep in teens."

Other serious health consequences of a sleep deficit for adolescents include obesity, depression and suicidal ideation.

Helping kids get more sleep

Parents can make a difference in the amount and quality of sleep their kids get. "The first step is to discuss the importance of sleep as a family," says Mindell, who was lead author on a study (published this year in *Sleep*) that found that a regular bedtime routine for children up to the age of 5 is associated with improved sleep.

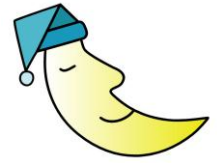
- Set bedtimes and wake times for kids and stick to them during the week and on weekends. Establish bedtimes whether your child is 5 or 15, says Mindell.
- Cut back on caffeine — avoid energy drinks, soda and coffee after 1 p.m.
- Put limits on technology. Get electronic devices out of the bedroom or shut them off an hour before bedtime.
- Make your child's bedroom a sanctuary. Be sure it's comfy and cozy, dim the lights before bedtime, and set the thermostat for sleeping (the NSF recommends temperatures between 54 and 75 degrees Fahrenheit).
- Schedule homework and activities early so that they don't interfere with bedtime.
- Finally, set a good example. If you practice good sleep habits, so will your kids.

Making sleep a priority for your kids takes effort, but the benefits are profound. "When kids get adequate sleep they perform better in school, they are happier and their quality of life and social interactions improve," says Owens. "They feel good."

SOURCE: <http://www.usatoday.com/story/news/nation/2015/07/22/sleep-matters-kids-getting-zzzzzs-they-need/30521525/>



Improving Sleep Hygiene



Don't go to bed unless you are sleepy. If you are not sleepy at bedtime, then do something else. Read a book, listen to soft music or browse through a magazine. Find something relaxing, but not stimulating, to take your mind off of worries about sleep.

If you are not asleep after 20 minutes, then get out of bed. Find something else to do that will make you feel relaxed. If you can, do this in another room. Your bedroom should be where you go to sleep. Once you feel sleepy again, go back to bed.

Begin rituals that help you relax each night before bed. This can include such things as a warm bath, light snack or a few minutes of reading.

Get up at the same time every morning. Do this even on weekends and holidays.

Avoid taking naps if you can. If you must take a nap, try to keep it short (less than one hour). Never take a nap after 3 pm.

Keep a regular schedule for meals, medications, chores, and other activities help keep the inner body clock running smoothly.

Don't read, write, eat, watch TV, talk on the phone, or play cards in bed.

Do not have any caffeine after lunch and avoid alcohol within six hours of your bedtime.

Do not have cigarettes or any other source of nicotine before bedtime.

Do not go to bed hungry, but don't eat a big meal near bedtime either.

Avoid any vigorous exercise within six hours of your bedtime. You should exercise on a regular basis, but do it earlier in the day. (Talk to your doctor before you begin an exercise program.)

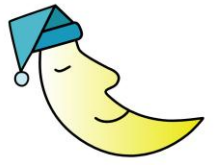
Avoid sleeping pills, or use them cautiously. Most doctors do not prescribe sleeping pills for periods of more than three weeks. Do not drink alcohol while taking sleeping pills.

Try to get rid of or deal with things that make you worry. If you are unable to do this, then keep a pad by your bedside to write down anything concerning you when trying to sleep. Schedule a time daily to review this list to get all of your worries out of your system. Your bed is a place to rest, not a place to worry.

Make your bedroom quiet, dark, and a little bit cool. An easy way to remember this: it should remind you of a cave. While this may not sound romantic, it seems to work for bats. Bats are champion sleepers. They get about 16 hours of sleep each day. Maybe it's because they sleep in dark, cool caves.



Mejorar la higiene del sueño



No se vaya a la cama a menos que tenga sueño. Si usted no tiene sueño al acostarse, haga otra cosa. Lea un libro, escuche música suave o navegue a través de una revista. Es mejor que encuentre algo relajante, y no estimulante, para tomar su mente de las preocupaciones sobre el sueño.

Si no puede dormir después de 20 minutos, salga de la cama. Haga otra cosa para que se sienta relajado. Si es posible, hágalo en otro cuarto. Su dormitorio debe ser donde se va a dormir. Tan pronto como tenga sueño de nuevo, vuelva a la cama.

Comience rituales que le ayudan a relajarse cada noche antes de acostarse. Por ejemplo, puede tomar un baño caliente, comer un refrigerio o pasar unos minutos de lectura.

Levantarse a la misma hora cada mañana, incluyendo durante los fines de semana y días festivos.

Evite tomar siestas si es posible. Si tiene que tomar una siesta, trate de tomar una siesta breve (menos de una hora). Nunca tome una siesta después de las 3 de la tarde.

Mantener un horario regular para las comidas, medicamentos, quehaceres y otras actividades ayuda al reloj interno del cuerpo para funcionar sin problemas.

No lea, escriba, coma, mire la televisión, hable por teléfono, o juegue a las cartas en la cama.

No tome cafeína después del almuerzo, y evite el alcohol en las seis horas antes de su hora de acostarse.

No tome cigarrillos o cualquier otra fuente de nicotina antes de acostarse.

No se vaya a la cama con hambre, pero no coma una comida grande cerca de la hora de acostarse.

Evite ejercicio vigoroso dentro de seis horas antes de acostarse. Debe hacer ejercicio de forma regular, pero hacerlo más temprano en el día. (Hable con su médico antes de comenzar un programa de ejercicios.)

Evite las pastillas para dormir, o utilizarlos con precaución. La mayoría de los médicos no recetan pastillas para dormir por periodos de más de tres semanas. No beba alcohol mientras tome pastillas para dormir.

Trate de deshacerse de o tratar con las cosas que le hacen preocuparse. Si no puede hacerlo, mantenga papel junto a la cama para anotar cualquier preocupación que tiene cuando intenta dormir. Programe un tiempo diario para revisar esta lista para quitar todas sus preocupaciones de su sistema. Su cama es un lugar para descansar, no un lugar de preocuparse.

Haga su dormitorio tranquilo, oscuro y un poco fresco. Una manera fácil de recordar esto: se dormitorio debe ser como una cueva. Aunque esto no es romántico, funciona para los murciélagos. Duermen 16 horas cada día. Quizá sea porque duermen en cuevas frías y oscuras.

5 Foods That Help You Sleep

June 12, 2014 / By Kristin Kirkpatrick, MS, RD, LD



Let's face it – we live in a non-stop society. In our rush, we too often put sleep on the back burner. As a busy mom myself, I can understand why people forgo sleep to get things done.

But it's the wrong approach. Sleep has a huge effect on how you feel throughout the day, and nutrition plays a role in how well you sleep. Food relates directly to serotonin, a key hormone that – along with Vitamin B6, B12, and folic acid – helps promote healthy sleep. Try to consume foods that calm the body, increase serotonin levels, and get you ready for restful sleep.

Here are a few foods to get you started on the path to slumber.

1. Complex carbohydrates

Embrace whole-grain breads, cereals, pasta, crackers and brown rice. Avoid simple carbohydrates, including breads, pasta and sweets such as cookies, cakes, pastries and other sugary foods. These tend to reduce serotonin levels and do not promote sleep.

2. Lean proteins

Lean proteins include low-fat cheese, chicken, turkey and fish. These foods are high in the amino acid tryptophan, which tends to increase serotonin levels. On the flipside, avoid high-fat cheeses, chicken wings or deep-fried fish. These take longer to digest and can keep you awake.

3. Heart-healthy fats

Unsaturated fats will not only boost your heart health but also improve your serotonin levels. Examples include peanut butter (read the label to make sure peanuts are the only ingredient) and nuts such as walnuts, almonds, cashews, and pistachios. Avoid foods with saturated and trans fats, such as french fries, potato chips or other high-fat snack foods. These bring your serotonin levels down.

4. Beverages

Certain drinks can promote or prevent sleep. A good, soothing beverage to drink before bedtime would be warm milk (your mother was right) or herbal tea such as chamomile or peppermint. As for caffeinated drinks, I recommend that my clients who are having difficulty sleeping consume the last cup by 2 p.m. Caffeine can affect people differently, and even the smallest amount of stimulant can keep you awake.

5. Fresh herbs

Fresh herbs can have a calming effect on the body. For example, sage and basil contain chemicals that reduce tension and promote sleep. Try making your own homemade pasta sauce with sage and basil. It's easy to do, and homemade sauces tend to be lower in sugar than store-bought versions. However, avoid herbs such as red pepper or black pepper at night, as they have a stimulatory effect.

Sleep-inducing snacks

- Try a banana with low-fat yogurt
- Eat low-fat cottage cheese with a few 100-percent whole grain pita chips
- Smear peanut butter on 100-percent whole grain crackers
- Enjoy an apple with mozzarella string cheese.

Try all these foods to reduce your tossing and turning when you hit the pillow. Sweet dreams!

SOURCE: <http://health.clevelandclinic.org/2014/06/5-foods-that-help-you-sleep/>

Study: Physical activity impacts overall quality of sleep

11/22/2011

CORVALLIS, Ore. – People sleep significantly better and feel more alert during the day if they get at least 150 minutes of exercise a week, a new study concludes.

A nationally representative sample of more than 2,600 men and women, ages 18-85, found that 150 minutes of moderate to vigorous activity a week, which is the national guideline, provided a 65 percent improvement in sleep quality. People also said they felt less sleepy during the day, compared to those with less physical activity.

The study, out in the December issue of the journal *Mental Health and Physical Activity*, lends more evidence to mounting research showing the importance of exercise to a number of health factors. Among adults in the United States, about 35 to 40 percent of the population has problems with falling asleep or with daytime sleepiness.

“We were using the physical activity guidelines set forth for cardiovascular health, but it appears that those guidelines might have a spillover effect to other areas of health,” said Brad Cardinal, a professor of exercise science at Oregon State University and one of the study’s authors.

“Increasingly, the scientific evidence is encouraging as regular physical activity may serve as a non-pharmaceutical alternative to improve sleep.”

After controlling for age, BMI (Body Mass Index), health status, smoking status, and depression, the relative risk of often feeling overly sleepy during the day compared to never feeling overly sleepy during the day decreased by 65 percent for participants meeting physical activity guidelines.

Similar results were also found for having leg cramps while sleeping (68 percent less likely) and having difficulty concentrating when tired (45 percent decrease).

Paul Loprinzi, an assistant professor at Bellarmine University is lead author of the study, which was conducted while he was a doctoral student in Cardinal’s lab at OSU. He said it is the first study to examine the relationship between accelerometer-measured physical activity and sleep while utilizing a nationally representative sample of adults of all ages.

“Our findings demonstrate a link between regular physical activity and perceptions of sleepiness during the day, which suggests that participation in physical activity on a regular basis may positively influence an individual’s productivity at work, or in the case of a student, influence their ability to pay attention in class,” he said.

Cardinal said past studies linking physical activity and sleep used only self-reports of exercise. The danger with this is that many people tend to overestimate the amount of activity they do, he said.

He added that the take-away for consumers is to remember that exercise has a number of health benefits, and that can include helping feel alert and awake.

“Physical activity may not just be good for the waistline and heart, but it also can help you sleep,” Cardinal said. “There are trade-offs. It may be easier when you are tired to skip the workout and go to sleep, but it may be beneficial for your long-term health to make the hard decision and get your exercise.”

A Year of Being Well

For the 2015 monthly health features, Get Healthy CT is going to feature a chapter every month from a wonderful book called A Year of Being Well produced by the Michael and Susan Dell foundation. This book contains messages from real families across the country on their journey to live healthier lives and is meant to be a guide for you and your family’s journey to better health. Use this guide to help meet your health goals and spark a discussion with your family, friends, coworkers and members of your community.

This book “is intended to help you take a single step – one each month for a year – toward healthy living. There are specific examples of how moms, dads, and kids cut down on sugar- sweetened beverages, ate more fruits and vegetables, became more physically active, and started movements in their schools and communities. These families have also shown us that being healthy doesn’t necessarily mean being thin. This new book is also meant to give you some resources where you can find even more information on eating and living better.” – Susan Dell

Para los artículos de salud mensuales 2015, Get Healthy CT va a presentar un capítulo cada mes de un libro maravilloso llamado A Year of Being Well (Un Año de Estar Bien) producido por la fundación de Michael y Susan Dell. Este libro contiene mensajes de familias reales de todo el país en su camino para vivir una vida más saludable y es para que usted lo use como guía mientras que usted y su familia continúan en su camino hacia una vida más saludable. Utilice esta guía para ayudarlo alcanzar sus metas de salud y para provocar una conversación con su familia, amistades, compañeros de trabajo y miembros de su comunidad.

Este libro “está diseñado para ayudarlo a dar un solo paso – uno cada mes durante un año – hacia una vida saludable. Contiene ejemplos específicos de mamás, papás, e hijos que redujeron su consumo de azúcar, bebidas endulzadas con azúcar, como comieron más frutas y verduras, emprendieron más actividad física, e iniciaron movimientos en sus escuelas y comunidades. Estas familias también nos han demostrado que estar sanos no significa necesariamente estar delgados. Este nuevo libro también es para brindarle algunos recursos donde pueda encontrar más información sobre comer y vivir bien.” – Susan Dell

A Year of Being Well ----Table of Contents

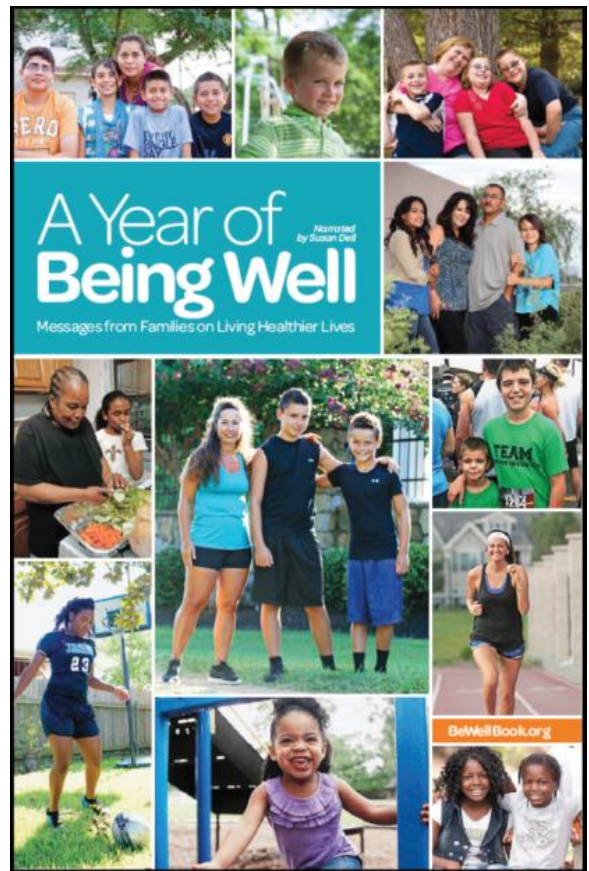
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Month 2: Get Smarter	Mes 2: Sea más inteligente
Month 3: Lead by Example	Mes 3 Guíe con el ejemplo
Month 4: Drop Liquid Calories	Mes 4: Disminuya las calorías líquidas
Month 5: Eat Real Food, Not Junk Food	Mes 5: Coma alimentos reales, no comida chatarra
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Month 7: Limit All Screen Time	Mes 7: Limite el tiempo frente a las pantallas
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Month 9: Get More Sleep	Mes 9: Duerma más
Month 10: Make friends and Buddy Up	Mes 10: Haga amigos y compañeros de actividades físicas
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Finally Reflect and Re-Plan	Finalmente reflexione y plane de nuevo

Get your free copy of *A Year of Being Well* at www.bewellbook.org.

Available in English and Spanish

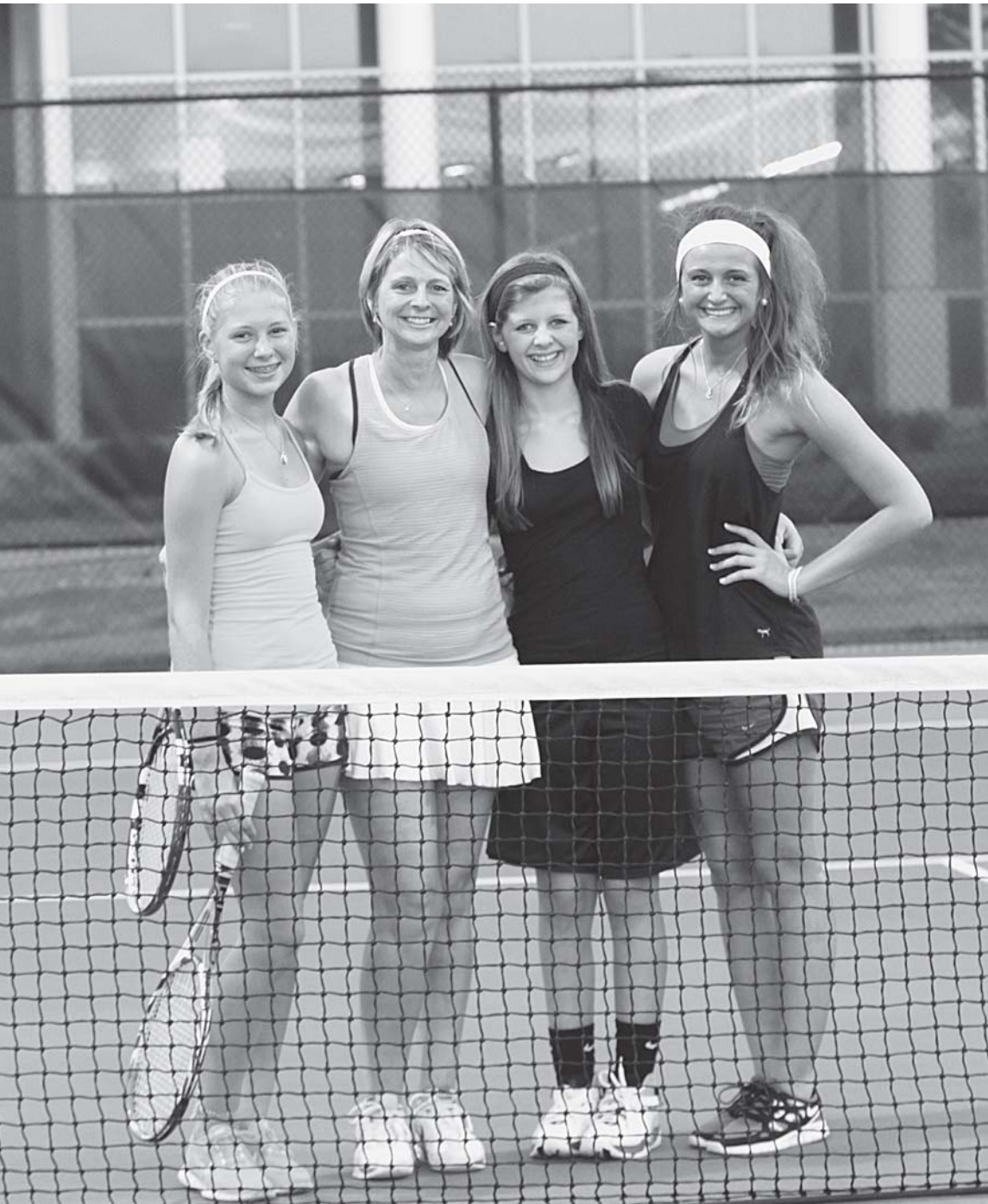
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EASY STEPS TO
be well
this month



At the end of each chapter, in [A Year of Being Well](#), there are “4 easy steps to be well this month.” Check out these simple tips from Get Healthy CT to help you take the 4 easy steps each month. All of the **resources are free** and provided by Get Healthy CT and their partners.

- 1 Plan nighttime activities early so your kids have plenty of time to get ready for bed and allow for the recommended amount of sleep.
- 2 Help your child develop a bedtime routine and try to stick to it.
- 3 Encourage your kids to use their beds for sleeping not watching TV or playing with electronics. You can limit screen time by keeping electronics out of their bedrooms.
- 4 Avoid large meals and heavy foods before bedtime.



Get More Sleep

There is so much research that has been done to prove that getting enough sleep is critical at every age. A lack of sleep can increase the risk of becoming overweight or obese and lead to other behavioral issues. Getting plenty of sleep each night can help your family members prevent childhood obesity and maintain a healthy weight.

Most children under the age of 5 need 11 hours or more of sleep per day. Children ages 5 to 10 require 10 hours of sleep or more per day. Children ages 10 to 18 need at least 9 hours of sleep per day.

There are many things you can do to help your kids get a good night's sleep. Creating a bedtime routine and going to bed at a time that allows your kids to get enough sleep will help. — *Susan Dell*

Did you know?

People who report sleeping 5 hours a night are much more likely to become obese compared with people who sleep 7 to 8 hours a night.
National Heart Lung and Blood Institute

According to sleep experts, teens need at least 8.5 to 9.25 hours of sleep each night, compared to an average of 7 to 9 hours each night for most adults.
National Sleep Foundation

Donnie

and his family

Donnie's oldest son, 4-year-old Mateo, had trouble going to sleep and staying asleep. He was colicky and whiny all night. He just wasn't an innately good sleeper. After months of trying different approaches, Donnie and his wife found a nightly routine that helped relax their son and prepare him for a good night's sleep.

This family has made bedtime one of the most sacred parts of their day, always sticking to the routine that they know works. Now, both of Donnie's boys, Mateo and his youngest son, Austin, fall asleep and stay asleep for 12 hours every single night. — *Susan Dell*

"I love what we do every night — and we never miss a night. We know that sticking to our routine is important for the boys, and my wife and I enjoy it, too. She calls me 'The Closer' because I'm the one who consistently helps them end their day with what we do when they go to bed.

I've always enjoyed putting the boys to bed. Both of my sons have responded to us putting structure around our nightly routine. We're consistent with what time we put them to bed. Right after dinner, we have playtime then a bath. Right after our bath, we watch 20 minutes of a kids' TV show to let them wind

down — it's really all the TV they watch in a day. We brush our teeth, get a drink of water, and then head into their bedroom to read books. We usually read 20 to 30 minutes, but they are usually asleep by the time I finish.

If they are still awake when I'm done reading, we say good night, turn out the lights, and they fall asleep easily. I usually sit outside the door and read for a few minutes to make sure they are down for the night and don't need anything.

The boys say that brushing their teeth is the favorite part of our nightly bedtime routine. I'm a big fan of the books."



MONTH 9:
Get More Sleep

Gaye

and her family

Gaye is a big believer in sleep and getting adequate rest. She knows how important sleep is to maintaining a strong body and immune function. With school-aged children, this is one controllable factor in helping to ward off unwanted colds and viruses and keep her kids healthy. — *Susan Dell*

"Last winter we dodged a number of 'sick bugs' — you know, the ones that seem to travel throughout the entire school! In years past, my daughter would have almost certainly caught all of them, but not last year. I attribute our success to several intentional practices, including eating more dark-colored vegetables and getting regular sleep. Here are some of the things that really seemed to help.

First, we established a regular bedtime. The key is to avoid the bedtime floating range and stick to a set time, so that the body is programmed to shut down.

Second, we have a consistent bedtime routine. In our house, bedtime prep begins with bath and brushing teeth and ends with

reading. We like reading chapter books because it is so much fun to let the story unfold over several nights. It also helps to stop the 'but I'm not tired yet' comments, because she is anxious to get to the story.

Finally, we try to limit drinks past 7 p.m. to avoid sleep interruption. I know this is a hard one because of how most family schedules are these days, including ours. But these areas were affecting quality sleep because of frequent bathroom trips and bad dreams. In addition to getting to sleep, it's just as important to stay asleep. Some of the best benefits to adequate sleep are a bright mind and a positive attitude. I hope that these ideas help your family and remind us all that multiple factors contribute to good health."



Wendy

and her family

Wendy learned the impact that food could have on sleep patterns the hard way: She suffered from stomach issues that were worsened when she ate unhealthy foods. Medication didn't help her situation, but reducing her stress level and improving her diet led to a better night's rest once she fell asleep.

Wendy has tried to teach her daughters good sleep habits, too. She knows that so much of her daughters' mood, performance in school, and energy levels depend on the number of hours of sleep they get each night. — Susan Dell

"Food affected my health and sleep habits several years ago. My life was very hectic trying to be involved in the girls' schools and taking them to their activities. Each night, when I went to sleep, I had the need to throw up for a couple of hours. This definitely affected my quality of sleep. I decided to go to the doctor, and he determined that the cause was acid reflux. He prescribed medication and recommended that I come back.

The medication helped only a little. When I went back, he asked me if my life was stressful, and I said no. But I realized my life was hectic. He told me that I needed to slow down and change my eating habits: eat smaller meals, eliminate fatty and fried foods, and

don't eat late at night.

After I made those changes to my diet, I have had very few incidents of acid reflux. This in turn has improved my sleep.

I feel that sleep is very important. I have read that sleep affects health, but I have seen firsthand that it affects behavior and attitude. I have had to be vigilant about my daughters' cellphones because it is surprising how many kids are up late on school nights socializing via Facebook and text messages. One of my children is a night owl, and I have found that structure and exercise help. By getting up early and being physically active during the day, it is easier for the body to wind down and be naturally tired at a more normal time."



4

EASY STEPS TO be well this month

- 1 Plan nighttime activities early so your kids **have plenty of time to get ready for bed** and allow for the recommended amount of sleep.
- 2 Help your child develop a **bedtime routine** and try to **stick to it**.
- 3 Encourage your kids to **use their beds for sleeping**, not watching TV or playing with electronics. You can limit screen time by **keeping electronics out of their bedrooms**.
- 4 **Avoid** large meals or heavy foods **before bedtime**.

Important tips:

- Small steps can have a big impact.
- Choose one or two steps to begin each month.



Resources



PUBLICATION

The Harvard Medical School Guide to a Good Night's Sleep
Lawrence Epstein,
Steven Mardon



MOBILE APP

Sleepysound



ORGANIZATION

National Sleep Foundation
www.sleepfoundation.org



COMMUNITY

Your own bedroom



Duerma más

Se ha investigado mucho para demostrar que dormir lo suficiente es de importancia crítica a cualquier edad. La falta de sueño puede aumentar el riesgo de tener sobrepeso u obesidad y lleva a diversos problemas de comportamiento. Dormir lo suficiente cada noche puede ayudar a que se prevenga la obesidad infantil en los miembros de su familia y que mantengan un peso saludable.

Muchos niños menores de cinco años necesitan 11 horas diarias de sueño o más. En niños de cinco a 10 años se requieren 10 horas de sueño diarias o más. Los niños y adolescentes de 10 a 18 años necesitan cuando menos nueve horas de sueño diarias.

Son muchas las cosas que puede hacer usted para ayudar a que sus hijos duerman bien cada noche. Resulta útil crear una rutina a la hora de acostarse e irse a dormir a una hora que permita a sus hijos dormir lo suficiente. — *Susan Dell*



¿Sabía
usted
que...?

Las personas que afirman dormir cinco horas cada noche tienen muchas mayores probabilidades de volverse obesas, en comparación con las que duermen siete u ocho horas cada noche.
Instituto Nacional del Corazón, Pulmones y Sangre

De acuerdo con expertos en sueño, los adolescentes necesitan no menos de 8:30 a 9:15 horas de sueño cada noche, en contraste con un promedio de siete a nueve horas cada noche en muchos adultos.
Fundación Nacional del Sueño

Donnie

y su familia

El hijo mayor de Donnie, Mateo, de cuatro años de edad, tenía dificultades para quedarse dormido y mantenerse dormido. Sufría cólicos y se quejaba toda la noche. Simplemente no era en forma innata un buen durmiente. Después de meses de probar diversas estrategias, Donnie y su esposa encontraron una rutina nocturna que ayudó a que su hijo se relajara y a prepararlo para una buena noche de sueño.

Esta familia ha hecho de la hora de acostarse una de las partes más sagradas del día y siempre se apega a la rutina que ellos saben que funciona. Ahora, ambos hijos de Donnie, Mateo y su hermano menor Austin, se quedan dormidos y continúan dormidos por 12 horas cada noche. — *Susan Dell*

“Me encanta lo que hacemos cada noche y nunca lo cambiamos ni una sola noche. Sabemos que apegarnos a nuestra rutina es importante para los muchachos, y mi esposa y yo también lo disfrutamos. Ella dice que soy ‘El Cerrador’ porque me encargo consistentemente de ayudarlos a cerrar su día con lo que hacemos cuando se van a acostar.

Siempre he disfrutado acostar a mis hijos. Ambos han respondido a la estructura que hemos establecido en torno a nuestra rutina nocturna. Somos constantes en cuanto a lo que hacemos a la hora de acostarlos. Inmediatamente después de la cena, jugamos y luego se bañan. Justo después del baño, vemos por 20 minutos un programa infantil

de TV para que se tranquilicen; es todo lo que ven en la TV en un día. Nos cepillamos los dientes, tomamos un vaso de agua y luego nos encaminamos a su recámara para leerles un libro. Aunque es usual que les lea por 20 a 30 minutos, también lo es que estén dormidos para cuando termino.

Si todavía están despiertos cuando termino de leer, les doy las buenas noches, apago la luz y se quedan dormidos fácilmente. Es habitual que me siente afuera de la puerta y lea unos cuantos minutos para asegurarme de que sigan dormidos y no necesiten nada más.

Los niños dicen que cepillarse los dientes es su parte favorita de nuestra rutina a la hora de acostarse. Yo soy un gran fanático de los libros”.



MES 9:
Duerma más

Gaye

y su familia

Gaye cree fervientemente en dormir y en tener reposo adecuado. Sabe lo importante que es dormir para mantener fuerte el cuerpo y la función inmunitaria. Con hijos en edad escolar, este es el único factor controlable que ayuda a evitar catarros y virus no deseados y a mantener sanos a sus hijos. — *Susan Dell*

“El invierno pasado, evitamos varios ‘bichos contagiosos’ ¡usted sabe, los que parecen afectar a toda la escuela! En años previos, mi hija casi seguramente se habría contagiado de todos ellos, pero no el año pasado. Atribuyo nuestro éxito a varias prácticas voluntarias, lo que incluye comer más verduras de color oscuro y dormir con regularidad. Las siguientes son algunas de las cosas que al parecer realmente ayudaron.

La primera es que establecimos una hora fija para acostarse. La clave es evitar una hora flotante para acostarse y apegarse a una hora establecida, de modo que el cuerpo esté programado para desconectarse.

La segunda es que tenemos una rutina constante a la hora de acostarse. En nuestra casa, la preparación para acostarse comienza con el baño y el cepillado de los dientes y termina con la lectura. Nos gusta leer libros

divididos en capítulos porque es mucho más divertido dejar que la historia se desarrolle a lo largo de varias noches. También ayuda a evitar los comentarios del tipo ‘pero todavía no estoy cansada’, ya que ella está ansiosa por continuar con la lectura.

Por último, tratamos de limitar las bebidas después de las 7 p.m. para prevenir la interrupción del sueño. Sé que esto es difícil a causa de las actividades que tiene la mayoría de las familias actualmente, incluida la nuestra. Sin embargo, estas áreas estaban afectando el sueño de calidad, a raíz de idas frecuentes al baño y pesadillas. Además de quedarse dormido, es de igual importancia mantenerse dormido. Algunos de los mejores beneficios del sueño adecuado son una mente brillante y una actitud positiva. Espero que estas ideas ayuden a su familia y nos recuerden a todos que son múltiples los factores que contribuyen a la buena salud”.



Wendy

y su familia

Wendy aprendió de la manera difícil el impacto que los alimentos pueden tener en los hábitos de sueño: ella sufrió problemas estomacales que empeoraban cuando comía alimentos poco saludables. Los medicamentos no la ayudaron, mientras que reducir su nivel de estrés y mejorar su alimentación la llevaron a descansar mejor en la noche una vez que se quedaba dormida.

Wendy también ha tratado de enseñar a sus hijas buenos hábitos de sueño. Sabe que gran parte del estado de ánimo, rendimiento académico y nivel de energía de sus hijas dependen del número de horas que duermen cada noche.

— Susan Dell

“La comida afectó mi salud y mis hábitos de sueño varios años atrás. Mi vida era muy ajetreada por tratar de participar en la escuela de las niñas y llevarlas a sus actividades. Cada noche, cuando me iba a dormir, tenía la necesidad de vomitar por un par de horas. Esto afectó definitivamente la calidad de mi sueño. Decidí ir al médico, quien determinó que la causa era el reflujo ácido. Me recetó medicamento y me recomendó que volviera a verlo.

El medicamento solamente ayudó un poco. Cuando regresé al consultorio, me preguntó si tenía una vida estresante y dije que no. Pero me di cuenta que mi vida era frenética. Me dijo que tenía que bajar un poco el ritmo y cambiar mis hábitos de alimentación: comer raciones más pequeñas, eliminar los alimentos grasosos y fritos, y no comer tarde por la noche.

Después de que hice esos cambios en mi alimentación, empecé a tener muy pocos incidentes de reflujo ácido. A su vez, esto mejoró mi sueño.

Pienso que dormir es muy importante. He leído que el sueño tiene efecto en la salud, pero he visto de primera mano que afecta el comportamiento y las actitudes. He tenido que estar muy vigilante con los teléfonos celulares de mis hijas, ya que es sorprendente el número de jovencitos que se quedan despiertos hasta tarde para socializar mediante Facebook y mensajes de texto cuando hay clases al día siguiente. Uno de mis hijos es una lechuza, y he encontrado que es la estructura de organización y el ejercicio los que le ayudan. Al levantarse temprano y mantenerse físicamente activo durante el día, es más fácil que el cuerpo se relaje y se sienta naturalmente cansado a una hora más normal”.



4

PASOS FÁCILES de este mes para estar bien

- 1 Planee las actividades nocturnas a hora temprana, de modo que sus hijos **tengan tiempo de preparación suficiente para dormir** y tengan la cantidad de sueño recomendada.
- 2 Ayude a que sus hijos desarrollen una **rutina a la hora de acostarse** y trate de que se **apeguen a ella**.
- 3 Estimule a sus hijos de modo que **usen la cama para dormir**, no para ver la TV o jugar con aparatos electrónicos. Puede limitar el tiempo frente a las pantallas si mantiene los **aparatos electrónicos fuera de su recámara**.
- 4 **Evite** comidas abundantes o alimentos pesados antes de la **hora de acostarse**.

Consejos importantes:

- Los pasos pequeños pueden tener un gran impacto.
- Elija uno o dos pasos que iniciará cada mes.



Recursos



PUBLICACIÓN

The Harvard Medical School Guide to a Good Night's Sleep
Lawrence Epstein,
Steven Mardon



APLICACIÓN
MÓVIL

Sleepysound



ORGANIZACIÓN

Fundación Nacional del Sueño
www.sleepfoundation.org



COMUNIDAD


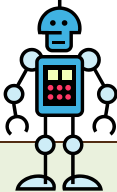




Su propia recámara



SEPTEMBER

Get Moving Today!


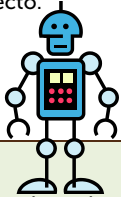




ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Make paper airplanes and practice throwing them – step and follow through toward the target.</p> 	<p>Shake your body! Take turns leading a fun dance move to your favorite music.</p>	<p>Spread wash cloths around the room and jump from one to another.</p>	<p>Staple two paper plates together to make a flying saucer. Go outside, throw it, run to it, and throw it again.</p>	<p>Pretend to be robots and walk through your house, keeping your body stiff and straight.</p> 	<p>Make a set of shape cards. Pick a shape, find something that is that shape and run as fast as you can to touch it.</p>	<p>Find a starting spot outside/inside and choose different places to go. Count how many steps it takes to get to each spot. Which is the farthest? Which is the closest?</p>
<p>Roll up a bunch of sheets of newspaper. Use plastic bottles as targets. Work on overhand throwing skills.</p>	<p>Clean Up! Spread out a bunch of small items in a room. Crab walk to each item, put the item on your tummy, and crab walk the item to a new spot.</p>	<p>Make two sets of ABC cards. Spread a few letters out on the floor. Collect the same letters from the other pile. Hold up a letter and identify a way to move - <i>gallop to the get the P or crawl to get the S.</i></p>	<p>Practice walking with style today – walk happy, walk scared, walk angry, walk shy. Think of your own ways.</p>	<p>Use the shape cards from the 6th; put a number on each shape and spread the cards out on the floor. Move to a shape, read the number and jump over it that many times.</p>	<p>Stretch out on the floor and then curl, bounce, freeze, twist, stretch and bend your entire body.</p>	<p>Walk around the house three times – first fast, second backwards, and third like your favorite animal.</p>
<p>Using your ABC cards, spread out a few letters. This time use rolled up socks to work on underhand tossing to the correct letters.</p>	<p>Go for a walk and look for things that begin with different letters of the alphabet.</p>	<p>Using your entire body, make up a handshake with each person in your family – try to really add a lot of movement.</p>	<p>Collect 10 stuffed animals and put them in a line on one side of the room. How fast can you move one at a time to the other side of the room?</p>	<p>Again using the ABC cards, make a trail throughout the house or outside. Jump or hop or leap to each letter as you say its name.</p>	<p>Sit facing each other and roll a ball back and forth.</p>	<p>Point to something outside, say the object's name, and move to it as fast as you can. When you get there rest and then find something else.</p>
<p>"What am I?" Take turns moving like something as the other person copies and guesses what you are.</p>	<p>Do three with me! Wiggle, reach, and touch the floor. Touch your nose, lay on the floor, jump really high. You make some up.</p>	<p>Move to every room in your home and jump five times. Remember jumping is two feet!</p>	<p>Go for a color nature walk. Can you find fall colors?</p> 	<p>Roll up a bunch of sheets of newspaper. Use plastic bottles as targets. Work on overhand throwing skills.</p>	<p>Build an obstacle course outside – run, jump, crawl, and climb.</p> 	<p>I spy something red! Take turns saying, "I spy something ____" and then together run to that object.</p>
<p>Practice skipping. Step-hop-step-hop.</p>	<p>Practice your kicking skills. Can you kick far and near?</p>	<p>Find a stick and pretend to be in a parade as you move outside.</p> 	<p>Get outside and practice your running. Pump your arms forward and backward. Feel your heart!</p>	<p>Go on a walking nature scavenger hunt, looking for signs of fall.</p>	<p>Yell out a body part and see who can touch that part to the floor the fastest – without falling down.</p>	<p>Go back and do your favorite activity from this month!</p> 

SEPTIEMBRE

"A Moverse Hoy"!

CALENDARIO DE ACTIVIDADES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Haga aviones de papel y practique tirándolos – de un paso y tirelo hacia el blanco.</p> 	<p>¡Sacude tu cuerpo! Toma turnos dirigiendo un divertido baile moviéndote a tu música favorita.</p>	<p>Esparce toallitas por la habitación y salta de una a otra.</p>	<p>Engrapa dos platos de papel para hacer un platillo volador. Ve fuera, lánzalo, corre hacia él, y lánzalo de nuevo.</p>	<p>Pretende ser un robot y pasea a través de tu casa manteniendo tu cuerpo rígido y recto.</p> 	<p>Haz una serie de tarjetas de formas - selecciona una forma, encuentra algo que sea de esa forma y corre lo más rápido que puedas a tocarla.</p>	<p>Encuentra un punto de partida fuera o dentro y elige diferentes lugares a donde ir. Cuenta cuántos pasos se necesita para llegar a cada lugar. ¿Cuál es el más lejano? ¿Cuál es el más cercano?</p>
<p>Enrolla un montón de hojas de periódico. Utiliza botellas de plástico como blancos. Practica tirando con el brazo por encima la cabeza.</p>	<p>¡A limpiar! Esparce varios objetos pequeños en una habitación. Camina como un cangrejo hacia cada objeto, pon el objeto en tu barriga, camina como un cangrejo y pon el objeto un nuevo lugar.</p>	<p>Haz dos pares de tarjetas con el abecedario. Esparce algunas letras en el suelo. Recoge las mismas letras del otro par. Suspende una carta en el aire y determina una manera de moverse... galopea para obtener la letra P o gatea para obtener la letra S.</p>	<p>Hoy practica caminando con estilo – camina feliz, camina con miedo, camina enojado, camina tímido. Piensa en tu propia manera de caminar.</p>	<p>Utiliza las tarjetas de formas del 6 de Agosto - pon un número en cada forma y esparce las tarjetas en el suelo. Muévete hacia una forma, lee el número y salta por encima de la tarjeta el número de veces que corresponde.</p>	<p>Estírate en el suelo.... dóblate, salta, congélate, gira, estírate y dobla tu cuerpo entero.</p>	<p>Camina alrededor de la casa tres veces - primero rápidamente, después hacia atrás, y por último como tu animal favorito.</p>
<p>Usa las tarjetas del abecedario, esparce unas cuantas letras a través del piso. Esta vez usa calcetines enrollados para practicar lanzándolos a las letras correctas.</p>	<p>Ve a caminar y buscar cosas que comienzan con distintas letras del alfabeto.</p>	<p>Usando todo tu cuerpo, crea un estilo de apretón de manos/saludo de manos con cada persona en tu familia - trata de añadir una gran cantidad de movimiento.</p>	<p>Recoge 10 animales de peluche - ponlos en una línea en un lado de la sala. ¿Qué tan rápido puedes mover cada uno hacia el otro lado de la habitación?</p>	<p>Nuevamente usa las tarjetas del abecedario, crea una pista o camino por toda la casa o fuera. Salta o brinca sobre cada letra, mientras dices su nombre.</p>	<p>Siéntense uno frente al otro y rueden una pelota entre ustedes.</p>	<p>Señala algo afuera, di el nombre del objeto, muévete hacia el tan rápido como puedas. Al llegar descansa y busca otro objeto.</p>
<p>"¿Qué soy yo?" Toma turnos, moviéndote como algo mientras la otra persona copia lo que haces y adivina lo que eres.</p>	<p>¡Haz tres conmigo! Menéate, estira los brazos, toca el piso. Toca tu nariz, siéntate en el suelo, salta muy alto. Piensa en otras cosas que hacer.</p>	<p>Ve a cada habitación de la casa y salta cinco veces. ¡Salta con los dos pies!</p>	<p>Ve a dar un paseo de colores por la naturaleza. ¿Puedes encontrar los colores de otoño?</p> 	<p>Enrolla un montón de hojas de periódico. Utiliza botellas de plástico como blancos. Practica tirando con el brazo por encima la cabeza.</p>	<p>Construye un curso de obstáculos afuera – corre, salta, gatea, y trepa.</p> 	<p>¡Veo algo rojo! Túrnense diciendo, "Veo algo ____" y luego corran juntos hacia ese objeto.</p>
<p>Practica saltando. Toma un paso-salta-toma un paso-salta.</p>	<p>Practica tus habilidades de patear. ¿Puedes patear lejos y cerca?</p>	<p>Encuentra un palo y pretende estar en un desfile mientras vas afuera.</p> 	<p>Ve afuera y corre. Mueve los brazos hacia adelante y atrás. ¡Siente tu corazón!</p>	<p>Ve a dar un paseo por la naturaleza y ve en busca de diferentes señales de otoño.</p>	<p>Grita el nombre de una parte del cuerpo y ve quien puede tocar esa parte contra el piso lo más rápido, sin caerse.</p>	<p>¡Vuelve a hacer tu actividad favorita de este mes!</p> 

THE COLOR RUN™

The
Happiest 5K
ON THE PLANET



The Color Run is coming to Bridgeport and Get Healthy CT is encouraging everyone to join our team!

The Color Run is a five-kilometer, untimed race in which participants are doused from head to toe in different colors at each kilometer. There are only two rules which are easy to follow: 1. Wear white at the starting line 2. Finish plastered in color! This is not a competitive race, but a fun run-walk. It is a great way to be healthy and have fun.

Get Healthy CT is encouraging everyone to participate. If you join our Get Healthy CT team when you register, you will get a free wristband key holder at the race. Even more, one of our partners, the Bridgeport YMCA, is the official charity for the Color Run. If you donate to them, you will save \$5.

How to register:

- 1) Go to www.thecolorrun.com/Bridgeport and register for the race as a team runner -- pick the Get Healthy CT Team. (Race fees increase September 1st, so register early).
- 2) In the Donate section, sign-up to donate at least \$5 to the YMCA.
- 3) On the next screen, enter coupon code RUNYMCA and you will get a \$5 credit for your donation.
- 4) On the day of the race, stop by the Get Healthy CT booth and pick up your wristband.
- 5) Have fun!

Saturday, October 17th at 9:00 am

Ballpark at Harbor Yard
500 Main Street, Bridgeport



www.GetHealthyCT.org



THE COLOR RUN™

The
Happiest 5K
ON THE PLANET



¡LA CARRERA DE COLORES vendrá a Bridgeport!

¡Get Healthy CT quiere que se anime a unirse a nuestro equipo!

La Carrera de Colores tiene un circuito de cinco kilómetros, sin límite de tiempo y no habrán ganadores. Durante la carrera participantes serán empapados desde la cabeza a los pies con diferentes colores en cada kilómetro. Hay sólo dos reglas que son fáciles de seguir: 1. Vestir de blanco en la línea de comienzo. 2. ¡Acabar la carrera cubierto en colores! Esto no es una carrera competitiva, sino una divertida carrera-caminata. ¡Mejore su salud y diviértase!

¡Get Healthy CT nos invita a todos a participar! Cada participante que se inscribe con el equipo de Get Healthy CT recibirá un llavero pulsera gratis en la carrera. Aún más, uno de nuestros socios, Bridgeport YMCA, es la caridad oficial para el funcionamiento del Color Run. Si usted dona a ellas, usted ahorrará \$5.

Como registrarse para la carrera:

- 1) Visite www.thecolorrun.com/Bridgeport y regístrese como participante del equipo—escoja el equipo Get Healthy CT. (El costo de la carrera aumentara el 1 de septiembre, así que regístrese temprano).
- 2) En la sección de Donar, inscríbese para donar por los menos \$5 al YMCA.
- 3) En la siguiente pantalla, introduzca el código de cupón RUNYMCA y obtendrá un crédito de \$5 por su donación.
- 4) El día de la carrera, visite la mesa de Get Healthy CT y obtenga su llavero pulsera.
- 5) ¡Diviértase!

Sábado, 17 de octubre, a las 9:00 am

Ballpark at Harbor Yard
500 Main Street, Bridgeport



www.GetHealthyCT.org

