

Sleep your way to health!

Most adults need 7 to 8 hours of sleep each night. Sleep helps us think clearly and creatively and learn more effectively, restores energy, fights illness, and reduces stress. Too little sleep is linked to mood and behavioral problems and increased risk of depression, high blood pressure, heart disease and other illness.

Sleep and Weight

The relationship between sleep and body weight is interesting and complicated. People who are overweight are more likely to have health problems like arthritis, asthma and sleep apnea, which can greatly disrupt sleep. On the other hand, short sleep increases the risk for obesity, and even short-term sleep deprivation leads to increased eating and weight gain. One effect of reduced sleep is to disrupt the hormones that control appetite. This may cause people who get less sleep to overeat or to crave high-calorie foods. Short sleep also is linked to increased body fat and an increased risk of diabetes and heart disease. Research on the relationship between sleep and weight is relatively recent, and more study is needed. However, we all know that we feel better after a good night's sleep!

Tips for a Good Night's Sleep

- Be consistent: Go to bed and get up at the same times each day, including days off.
- Relax: Follow a routine that helps you unwind, like reading, listening to music or a hot bath.
- Avoid heavy meals, caffeine, nicotine and alcohol late in the day or right before bedtime.
- Regular exercise enhances sleep, but don't exercise in the 3 to 4 hours before you go to bed.
- Create an environment to promote sleep: a dark room, cool temperature, and comfortable bed.
- Don't use the bedroom for work or other distracting activities. Some experts say no tv or computer in the bedroom!
- If you have trouble falling asleep, get up and do a relaxing activity before going back to bed.
- Nap before 3 pm and keep naps to 1 hour or less.

Sweet dreams...ZZZZZZ...

From www.webmd.com, www.sparkpeople.com 7 Hidden Ways to Get Better Sleep, and www.nhbli.nih.gov. Healthy Sleep at a Glance and Your Guide to Healthy Sleep.

Recipe of the Week – Broccoli and Apple Salad

8 servings

adapted from [Cooking Light Magazine](#)

2 Tbsp. sugar
6 Tbsp. apple cider vinegar
2 Tbsp. Dijon mustard or any spicy mustard
1 Tbsp. canola oil
½ tsp. freshly ground pepper
¼ tsp. salt

1 ¼ lb. broccoli, coarsely chopped
1 ¼ C. apple, chopped (about ½ pound)
¼ C. minced sweet onion

- Combine first 6 ingredients in a large bowl, stirring well with a whisk.
- Place chopped broccoli into bowl with vinegar mixture. Add chopped apple and minced onion, tossing to coat.
- Serve immediately or refrigerate. It tastes as good, if not better, the next day!

Nutrition information:

Calories: 72	Fat: 2g
Saturated fat: 0g	Cholesterol: 0mg
Protein: 3g	Carbohydrate: 11g
Fiber: 3g	

Tip of the Week

Choose lean meats like cuts of beef and pork that end in "loin" such as pork loin and sirloin. Other lean meats are round steaks and roasts (round eye, top round, bottom round, round tip), chuck shoulder and arm roasts, and ham.

www.diabetes.org and www.mypyramid.gov