There are lots of interesting anecdotes about people falling asleep when they shouldn’t. During the O.J. Simpson trial, cameras caught Judge Ito dozing, and in the George H.W. Bush administration, there was a little embarrassing prize for the person caught falling asleep during Cabinet meetings (as I recall, Dick Cheney was the usual winner). A Google search of “pilots falling asleep while flying a plane” yields a disturbing number of results.

Getting sleepy during the day, especially after lunch, is not unusual and has physiological causes. In general, however, daytime sleepiness has emerged as an important indicator of poor nighttime sleep. Sleep researchers have revealed some interesting facts: Nearly a quarter of the American population meets the criteria for insomnia, which can have negative effects on how they manage stress cognitively, emotionally, and physiologically. Conversely, getting good-quality sleep has numerous advantages, particularly in building higher emotional and psychological strength.

These basic sleep hygiene tips — how you prepare for sleep each night — can help improve your sleep:

1. Give yourself the opportunity to get eight hours of sleep each night.
2. Limit or eliminate caffeine intake after noon.
3. Turn the lights down and TV off about a half hour before going to bed.
4. Can’t sleep? Get up, go sit in a chair, and read something to engage your mind while your body gets tired again.

You can find more tips on sleep hygiene at sleepassociation.org/patients-general-public/insomnia/sleep-hygiene-tips.

Several non-medical therapies can also help with sleep problems, especially when the roadblock is an overactive, stressed mind once the lights go off. Cognitive Behavioral Therapy for Insomnia is one example that has proven very effective.

Yet while our culture pays lip service to the idea that sleep is important, we often view sleep-deprived people who put in long hours as hardworking heroes. At the end of the day, however, they are degrading their physical and mental health, chipping away bit by bit at their abilities to do their best work, and increasing their risk for motor vehicle accidents by up to five times. At the end of the day, they need to sleep. We all do.

Mark Your Calendar!

Mobile Onsite Mammography
Thursday, March 24, 2016, 7:00 a.m. to 4:00 p.m. Cherry pull-out, UA Mall.
To schedule an appointment please call 1-800-285-0272. For more information check: lifework.arizona.edu/wws/mammography-screening.

NEW! Metabolic Syndrome Screening
Registration required. Please register online at lifework.arizona.edu/wws/metabolic_screenings_worksite_wellness.
Life & Work Connections Employee Wellness is offering a new screening free for UA employees eligible for full benefits. The screening includes tests for the five factors evaluated for metabolic syndrome: blood pressure, waist circumference, fasting blood glucose, fasting triglycerides, and high-density lipoprotein (good cholesterol). These screening tests also fulfill requirements for the Health Impact Program. Consult the website for more information.

Walk Across Arizona
It’s not too late to form a team. Walk Across Arizona started February 28. Gather your coworkers, form a team, and get moving! Virtually walk across our great state of Arizona by participating in this year’s 6-week statewide walking program. Sponsored by UA Cooperative Extension and UA Life & Work Connections, the vision of the Walk Across Arizona campaign is to encourage individuals and families to increase their participation in activities that promote a healthy lifestyle. Check our website for more information. lifework.arizona.edu/wws/walkacrossarizona

Individual Employee Health Screenings
Registration required. Please register online at lifework.arizona.edu/wws/health_screenings_worksite_wellness.
This program is for employees eligible for full benefits. The screening includes blood pressure; total cholesterol and HDL; body composition; cardiac endurance step test; nutrition, fitness, and resilience consultation. If you are concerned about your risk for diabetes, you may also have the A1C diabetes screening for a $10 charge. This screening measures your long-term glucose levels (A1C). Neither blood test requires that you fast.

Department Screening
We will come to your department for groups of 12 or more, assess blood pressure, total cholesterol/HDL, and % body fat at your location. Please call 626-4760 to schedule a department screening or for more information.

Maricopa County Employee Wellness
Life & Work Connections offers work/life and employee wellness programming every month at the Phoenix Biomedical Campus. Check lifework.arizona.edu/wws/phoenixcampus for the schedule. Contact Jodi Charvoz, Registered Dietitian Nutritionist and ACE Personal Trainer, to schedule a nutrition or fitness consultation at jcharvoz@email.arizona.edu.

Walks with Campus Leaders
Take 20 minutes for fresh air, a lively walk, and good company! Join campus leaders and Life & Work Connections for fun noon time walks around campus. Please visit lifework.arizona.edu/wws/walks_with_campus_leaders for locations, dates, and honored leaders.

Resistance Bands for Strength Classes
Wednesdays: Student Union, Presidio Room (4th floor), noon to 12:40 p.m.
Wednesdays: University Services Building (USB 216), 12:30 p.m. to 1:00 p.m.
lifework.arizona.edu/wws/strength_training

Weight Check Dates
Want to keep yourself accountable by a weight check, a quick chat with a registered dietitian nutritionist, and a helpful handout? Stop by the Student Union, Tubac Room (4th floor) from 9:00 a.m. to 11:00 a.m., or the UA Life & Work Connections office from 8:30 a.m. to 11:30 a.m. Visit lifework.arizona.edu/wws/availableclasses/weightchallenges for updates, times, and locations.

Tai Chi for Health
Tai Chi is a mind/body activity known for its health benefits, including stress reduction, balance, and joint pain improvement. UA Life & Work Connections offers free Tai Chi for Health and Tai Chi for Energy classes. Registration is required. Check lifework.arizona.edu/wws/classes/taichichi for the current class schedule.

Guided Potlucks
Here’s a new way to liven up your departmental meetings! For details, please check LWCs website or email Christy at twinson4@email.arizona.edu.

Consultations and Support
Free, voluntary, and confidential consultations, informal assessment, referral, or brief problem-solving support. Employees can be seen for any reason, including alcohol, substance abuse, stress management, parenting, relationship, depression, anxiety, and more. Call 621-2493 to schedule with Susan Pickering, MEd, LPC, or Dave Swihart, MC, LPC.

Supervisor Consultation
Regarding individual and work group issues. Call for an appointment. 621-2493.

Child Care and Family Resources
For information on the Child Care Voucher and Sick Child and Emergency/Back-Up Care Programs, please call Kim Peters at 621-4365. Visit lifework.arizona.edu for forms, guidelines, and detailed information. For a personalized phone or in-person consultation on lactation, changing table, infant/toddler, preschool, or school-age care resources, please call Caryn Jung, MS, at 621-9870.

Elder Care and Life Cycle Resources
Call Caryn Jung, MS, at 621-9870 to request a personalized phone or in-person consultation to discuss area and national elder care and family caregiving referrals.

Nutrition/Fitness Coaching
Call Jodi Charvoz, MEd, RDN, ACE, at 626-4760 for more information or to schedule an appointment.

Work/Life Integration
Learn about the University’s guide on flexible work arrangements, related workplace and workforce issues, and strategies for coordinating work/life matters, by calling Caryn Jung, MS, at 621-9870.
So many people are insanely busy nowadays, and it’s easy to say, ‘Ah, I’ll work out tomorrow.’ But you have to set aside a time and stick to that schedule.

— Derek Jeter, former professional baseball all-star, New York Yankees captain, and Kalamazoo, MI, resident

Take 2 minutes to sidestep the side effects of sitting too long

Sitting for long periods of time may increase your risks of heart disease, diabetes, and even premature death. But, two minutes of light-intensity activity, such as walking, cleaning, or gardening, each hour may lower the risk of premature death by 33%, a study in the Clinical Journal of the American Society of Nephrology revealed.

1. What activity will I do and for how long? Be specific.
2. How often/when will I do this?
3. Is my goal realistic? (Don’t try to change too much at once.)

For example, you might have a goal such as:
For the next month, I will take a 15-minute walk during my lunch hour four days a week. Put the walks on your calendar as appointments and keep them as you would keep appointments with other people.

Remember to start small if you haven’t been active in a while. You don’t want to overwhelm or hurt yourself.

Once you have a specific goal, map out a plan – and backup plan – for success. For more on creating that plan, go to Mar.HopeHealth.com/exerciseplan.

Source: American Diabetes Association

Encourage kids to exercise to help keep them emotionally fit

Regular exercise may significantly reduce sadness among all kids, and suicidal thoughts and attempts among kids who are bullied,* according to a recent study.

However, only about half of America’s youth get the recommended 60 minutes daily of vigorous (such as running or dancing) or moderate-intensity physical activity (such as brisk walking or riding a bike), according to government estimates.

For more on physical activity for kids, go to Mar.HopeHealth.com/fitkids.

*Getting active can be good for emotional health, but be sure exercise isn’t a substitute for dealing directly with the bullying issues.

Source: University of Vermont

Planning Pays Off

Put your exercise goals in writing to help make good on them

When setting a goal, think about and answer these three questions:

Source: The Ohio State University

See page 8 — Stock Your ToolBox: See how you can link to Cool Tools & Resources to learn more about the topics in this issue!
The Whole You: PHYSICAL HEALTH

Don’t take kidney health for granted

Happy National Kidney Month!
If you’ve never before celebrated this observance, you may want to start. You can do so by learning more about these important organs and planning how to take the best possible care of them.

According to the National Kidney Foundation, 26 million Americans suffer from chronic kidney disease (CKD), and one in three adults is at risk for the condition.

To keep kidneys in tip-top shape:
• Exercise regularly
• Control your weight
• Follow a balanced diet
• Don’t smoke
• Drink alcohol in moderation
• Stay hydrated
• Monitor your cholesterol
• Get an annual physical
• Check your blood pressure
• Know your family history
• If you are 40- to 70-years-old and overweight, have your blood glucose checked.

To learn more about your kidneys, go to Mar.HopeHealth.com/kidneys.
Source: National Kidney Foundation

Freshen sheets for more refreshing sleep
Want to get better sleep? When’s the last time you washed your sheets?

In a Bedroom Poll by the National Sleep Foundation:
• More than three-fourths of people (78%) said they are more excited to go to bed when the sheets have a fresh scent.

• About three-fourths of people said they get a more comfortable night’s sleep on sheets with a fresh scent.

Here are some bed-cleaning tips to keep in mind:
• Wash your sheets and pillowcases once weekly.

• Wash your mattress cover in hot water.

• Clean the surface of your mattress monthly by sprinkling baking soda on it to draw out moisture. Let it set for several hours and then vacuum up the baking soda.

For more on using your senses inside your bedroom to improve sleep, go to Mar.HopeHealth.com/sleep.
Source: National Sleep Foundation

Before covering up with cosmetics, uncover the truth about them

True or false: The Food and Drug Administration (FDA) must approve all cosmetics before they can go to market. False: Unlike drug companies, cosmetic companies may use almost any ingredients they want. To test how much you know about cosmetics and how they can affect your health, go to Mar.HopeHealth.com/makeup to take a short quiz.

Buck the trend and end pain

More Americans are affected by pain than have diabetes, heart disease, and cancer combined, according to the National Institutes of Health. An estimated one-third of all adults have joint pain in a year. If you suffer from pain and want relief without relying on medication, consider yoga, massage, and/or meditation, according to some pain experts. For more on chronic pain, go to Mar.HopeHealth.com/pain.

Learn more about The Whole You: at Mar.HopeHealth.com
Coloring isn’t just for kids anymore. Coloring pages and books are becoming all the rage among adults. According to many mental-health professionals and creative types, coloring can provide a calming effect and help people to deal with stress by reconnecting them with a more carefree time of their lives — childhood. Coloring can also provide a sense of accomplishment. So, with all that in mind, here is a coloring page for you. You can also find this coloring page at Mar.HopeHealth.com/coloring if you’d like to download and print/share it.
A good plan is like a road map: it shows the final destination and usually the best way to get there.
— H. Stanley Judd

**Fiscal Fitness:**

Financial planning not as popular as it should be

Thinking about and mapping out finances sound like smart ideas, right? Are you doing them? If you’re like most people, probably not.

Financial planning is managing your finances so you can reach your dreams and goals while also helping you navigate around the financial barriers and accidents that arise throughout life.

**Financial planning can help you:**

- Set realistic financial and personal goals.
- Determine your current financial health.
- Create a realistic, thorough plan to meet your financial goals by considering financial weaknesses and focusing on financial strengths.
- Put your strategy into action and monitor it.
- Stay on track to meet changing goals, personal circumstances, stages of life, markets, and tax laws.


Sources: Northwestern Mutual, Employee Benefit Research Institute

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Pay off debt or invest?

By paying off debt, you do away with interest expenses. However, you may be sacrificing interest income and/or gain from an investment. To get a sense of what makes more financial sense for your situation, go to [Mar.HopeHealth.com/financialcalculator](http://Mar.HopeHealth.com/financialcalculator).

Plug up spending leaks you may not realize you have

Ever feel like money is just spilling (or in some cases, gushing) out of your pocket? Before you know it, you’re facing a financial drought. To get a better handle on how you might be leaking money, sit down and size up your spending habits. For a worksheet to help you, go to [Mar.HopeHealth.com/spending](http://Mar.HopeHealth.com/spending).

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**The essential insurance policies you should know about and likely need**

*Life is full of unexpected ups and downs. Do yourself — and your family and others — a favor and protect your property, income, and health with proper insurance coverage.*

That way, an illness or accident doesn’t devastate your finances.

So, just what insurance policies should you have during your working and family years?

1. Auto  
2. Homeowners or renters  
3. Health  
4. Life  
5. Unemployment  
6. Disability and workers’ compensation  
7. Long-term care insurance  
8. Liability (umbrella) insurance

Source: National Endowment for Financial Education

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Learn more about **Fiscal Fitness:** at [Mar.HopeHealth.com](http://Mar.HopeHealth.com)

© HHI
What's Trending Now:

Homemade meals may be the way to go

If you’re looking to prevent or control Type 2 diabetes, you may want to eat meals prepared at home.

According to a recent Harvard study presented at an American Heart Association annual meeting, the risk of Type 2 diabetes was reduced by:

- 2% for every lunch prepared at home in a week
- 4% for every dinner prepared at home in a week

The researchers explain that eating at home may help lessen weight gain, which could then help to reduce the risk of developing Type 2 diabetes.

For healthful recipes for people concerned about preventing or reversing Type 2 diabetes, go to Mar.HopeHealth.com/diabetes.

Source: U.S. National Library of Medicine

Stock Your Toolbox:

See how you can link to Cool Tools & Resources to learn more about the topics in this issue!

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The information in this publication is meant to complement the advice of your healthcare providers, not to replace it. Before making any major changes in your medications, diet, or exercise, talk to your doctor.

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Spring clean your nutrition routine

**Mar 1 – 7: Eat less processed foods.** Swap out that afternoon bag of chips with a piece of fresh fruit.

**Mar 8 – 14: Read nutrition labels.** Figure out what a serving size looks like, how many calories it has, and the nutrient numbers for any prepackaged foods you eat.

**Mar 15 – 21: Eat breakfast every day.** The morning rush often means people skip breaking the food fast from the night before. Fast forward a few hours, and people end up eating more than they should of foods that they shouldn’t. Have a breakfast with a balance of proteins, healthful fats, and carbohydrates.

**Mar 22 – 31: Get plenty of water.** Don’t forget to drink enough water throughout the day. Many people confuse dehydration and hunger. Not getting enough water can also lead to tiredness and headaches.

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**StockYourToolBox:**

Your Source for Cool Tools & Resources

Check out Mar.HopeHealth.com for a ton of useful wellbeing information. In addition to the links included throughout the newsletter, here’s what else you can find online:

**DIY Backyard Obstacle Course**

A backyard obstacle course may get you moving, laughing, and spending quality time together with family and/or friends. With spring almost here, make a plan to get outside and get active with others.

**A one-minute video on spring cleaning your diet**

Discover a few simple food switches that may make a big difference in how healthful your meals are.

**A one-minute video on choosing the right ride**

Bicycling can be a great way to get in physical activity. It’s important to select a bike that fits you and your needs. Check out key considerations before you start pedaling.

**A crossword puzzle**

to find out how well you know the topics covered in this issue of the newsletter.

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“Life is like a ten-speed bike. Most of us have gears we never use.”
— Charles Schulz

“A person without a sense of humor is like a wagon without springs. It’s jolted by every pebble on the road.”
— Henry Ward Beecher

“The word ‘aerobics’ came about when the gym instructors got together and said, ‘If we’re going to charge $10 an hour, we can’t call it jumping up and down.’”
— Rita Rudner

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“Mar.HopeHealth.com”