

Importance of Sleep

The month of March is not only Colon Cancer awareness month but also Sleep Awareness month. Our sleep is extremely vital to our overall health. Throughout the month of March we should utilize this opportunity to focus on not only our annual screenings but on examining both the quantity and quality of our sleep.

The quantity and quality of our sleep matters in how we engage with our family, colleagues, and customers in all settings of our lives. Let's take the month of March and monitor our sleep habits and see how we can improve on the type of sleep we get.

We discuss every day the need to exercise and eat right and how these two impact our bodily health, but we don't discuss enough how sleep impacts the same aspects of our lives. Sleep plays an extremely important part of our health. Sleep helps both our body and brain recharge from our day's stressful events.

The effects of not allowing our bodies to regenerate will have both long and short term affects and can cause a lack of performance at work, irritability, and depression. We will have the inability to regulate our hunger. The National Sleep Foundation has reflected that approximately 40 million Americans suffer from some form of sleep disorders.

### Why Sleep is So Important

- 1. Improved concentration and productivity and approximately 36% fewer mistakes than those who are sleep deprived
- 2. You strengthen your emotional component of a memory in sleep, which is believed to help stimulate a person's creative process.
- 3. Reduced risk of heart disease or stroke, hypertension, chronic headaches, alertness problems, type 2 diabetes and other health related issues.
- 4. Those who get better sleep tend to eat fewer calories, which means losing more body fat instead of muscle mass when dieting
- 5. Less mental health issues. Sleep deprivation can lead to depression, mental anxiety, impotence in men, and hormonal irregularities in women

### What Causes Bad Sleep?

- 1. Irregular bedtime schedule or working an overnight shift
- 2. Stimulating activities before bed or using your bed for work, eating, or watching TV.
- 3. Uncomfortable sleep environment/traveling to a different time zone
- 4. Stress/Anxiety/Depression
- 5. Poor sleep hygiene
- 6. Sleep Apnea or another chronic health condition or sleep disorder
- 7. Obesity
- 8. Different medications can affect your quality of seem such as Benadryl products as they can deprive an individual of REM sleep.









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# **Treatment Recommendations**

The key is to remember that your bedroom should be your sanctuary and a place for you to recharge after a long and stressful day. Your room should not just be another room in your home.

Some tips on how you can truly make your bedroom a place of refuge and relaxation are as follows:

# **Making Your Bedroom More Sleep-Friendly**

- 1. Use cool color tones (blues and greens) promote relaxation and a calm mind
- 2. Eliminate light & Avoid mirrors Turn alarm clocks around or turn phones over to remove light from the bedroom.
- 3. Use cotton bedding & lower the temperature You want to promote breathability as your core body temperature needs to drop for you to fall asleep. The temperature should be in the lower to mid-60's with 68 degrees being the maximum.
- 4. Comfort is key This includes both your mattress and the environment
- 5. Declutter Keep your bedroom as clean as possible so you are not reminded of all the chores you still have to complete.
- 6. Keep it Quiet If you can't get your room completely quiet of all outside/inside noise, try using a white noise machine or earplugs to help quiet the space and create a relaxing environment.

### **Changing Your Habits**

- 1. Start unwinding at least 1 hour before bed
- 2. Dim the lights and sip a cup of chamomile tea
- 3. Set a time to stop electronics and stick to it
- 4. Set a time for going to bed and waking up

  (If you are sleeping in on the weekends you are not getting enough sleep during the week)
- 5. Avoid eating a heavy meal a couple of hours before bed
- 6. Eliminate caffeine four to six hours before bed
- 7. Meditation, Yoga, Melatonin, and essential oils (lavender or neroli) Help calm and prepare your mind and body for rest

It is extremely important to stress that a good night sleep is crucial to good health. Sleeping at least seven hours each night can help you achieve optimal physical and mental performance.

### When to seek help

If you have tried the above and you are still not able to get a good night sleep you may have a sleep disorder, such as sleep apnea, which will require a diagnosis so it can be treated. It is important to discuss these issues with your doctor.

For more information about the importance of sleep, click the link below to view a video from the Harvard Sleep Medicine Clinic: <a href="https://www.youtube.com/watch?v=LmwgGkJ64CM">https://www.youtube.com/watch?v=LmwgGkJ64CM</a>

Ted Talk on Why Sleep Matters, w/ Matt Walkers: https://www.youtube.com/watch?v=5MuIMghT8DM

# Additional information on sleep:

https://sleepeducation.org/healthy-sleep/healthy-sleep-habits/ https://www.sleepfoundation.org/how-sleep-works/why-do-we-need-sleep

### References:

https://www.sleepfoundation.org/how-sleep-works/why-do-we-need-sleep

https://www.cdc.gov/sleep/features/getting-enough-sleep.html

https://www.amc.edu/academic/gme/upload/-5-National-Sleep-Month.pdf

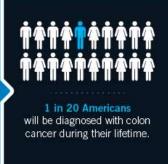


# **QPIC Corner**

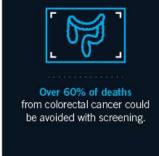
















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# Healthy Recipe

https://fruitsandveggies.org/recipes/last-minute-black-bean-soup/ Healthy Sleep Enhancing Recipes

> Smoky Maple-Mustard Salmon By: EatingWell Magazine

Makes 4 servings 15 minutes

## Ingredients:

3 tbsp. whole-grain or Dijon mustard

1 tbsp. pure maple syrup

1/4 tsp smoked paprika or ground chipotle pepper

¼ tsp freshly ground pepper

1/8 tsp salt

4 4-oz skinless center-cut wild-caught salmon fillets



#### Directions

- 1. preheat oven to 450 degrees F. Line a baking sheet with foil and coat with cooking spray.
- Combine mustard, maple syrup, paprika (or chipotle), pepper and salt in a small bowl.
- 3. Place salmon fillets on the prepared baking sheet.
- 3. Spread the mustard mixture evenly on the salmon. Roast until just cooked through, 8 to 12 minutes.

#### Notes:

Smoked Paprika is made from smoke-dried red peppers and adds earthy, smoky flavor. You can find different types of Paprika at some large supermarkets or online at penzeys.com.

Ground chinotle Chile penner can be found in the spice section of most supermarkets or online at penzeys com

# Nutritional Facts:

### **Per Serving:**

148 calories; protein 22.6g; carbohydrates 3.5g; dietary fiber 0.1g; sugars 3g; fat 4.2g; saturated fat 1g; cholesterol 53mg; vitamin a iu 234.5IU; vitamin c 1.4mg; folate 12.6mcg; calcium 49.5mg; iron 0.6mg; magnesium 33.4mg; potassium 434.1mg; sodium 275.5mg; thiamin 0.1mg; added sugar 3g

Source: EatingWell Magazine, September/October 2011

https://www.eatingwell.com/recipe/250344/smoky-maple-mustard-salmon/