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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:

<https://www.youtube.com/watch?v=LmwgGkJ64CM>

Ted Talk on Why Sleep Matters, w/ Matt Walkers: <https://www.youtube.com/watch?v=5MuIMqhT8DM>

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



KNOCK OUT COLON CANCER

JOIN THE FIGHT & GET SCREENED TODAY!

ACCEPTING NEW PATIENTS AT ALL LOCATIONS



#2

Colorectal cancer is the #2 leading cause of cancer deaths among men & women in the U.S.



1 in 20 Americans will be diagnosed with colon cancer during their lifetime.



Over 75 percent of colon & rectal cancers happen to people with no known risk factors.



Over 60% of deaths from colorectal cancer could be avoided with screening.



1 in 3 adults aged 45-75 are NOT up-to-date with recommended colorectal cancer screening.



Colon cancer affects 1 in 23 men & 1 in 26 women.

LEADERS IN DIGESTIVE HEALTH

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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
- ¼ 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.
2. 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 chipotle Chile pepper 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/>