

NEWSLETTER



DATE May, 2025

Written By: Beverly Beuermann-King

Impacts of Sleep Deprivation

Sleep Deprived

Millions are too sleepy for sex, according to a poll by the National Sleep Foundation.

Many of us are sleeping poorly which is causing us to be sleep deprived, and it's taking a serious toll on professional relationships, productivity, public safety and even the most intimate aspects of our lives.

Being overly stressed can disrupt sleep patterns. We may sleep all the time or a full night's sleep may become a flickering memory. During the stress response the body releases adrenaline, which prevents the body from relaxing and reaching deep sleep and REM (dream) sleep.

REM Sleep vs Non-REM Sleep

You have the right mix of REM and non-REM sleep if you wake up rested and are able to function at your peak. Adults need roughly 7-9 hours of sleep and children need 9-11 hours.

Some interesting sleep facts for you to ponder:

1. Nearly one-fourth of partnered adults say they have sex less often or have lost interest in sex because they are too sleepy.
2. 6% of adults licensed to drive say they have driven drowsy in the past year. This is an increase over recent years.
3. 4% have had an accident or near accident because they were too tired, or actually dozed off while driving.
4. Sleep-related issues are cited as the most common reason people are late for work. Almost 3 in 10 working adults say they have missed work, events/activities or made errors at work because of sleep-related issues in the past three months.

5. Two-thirds of partnered adults say their partner snores, while 6 out of 10 of all adults (59%) say they snore. More than one-half (57%) of those who snore say their snoring bothers others.
6. More than one in four respondents (26%) are at risk for sleep apnea, according to the findings. (sleep apnea, or pauses in breathing during sleep, is a serious sleep disorder associated with hypertension and stroke; apneic episodes can happen several times during the night, disrupting sleep. Snoring can be a symptom of sleep apnea, though everyone who snores does not have the sleep disorder.
7. America's adults average 6.9 hours of sleep each night, slightly less than the range of the 7-9 hours recommended by many sleep experts.
8. 11% of respondents said they used alcohol, beer or wine at least a few nights a week to help them sleep.

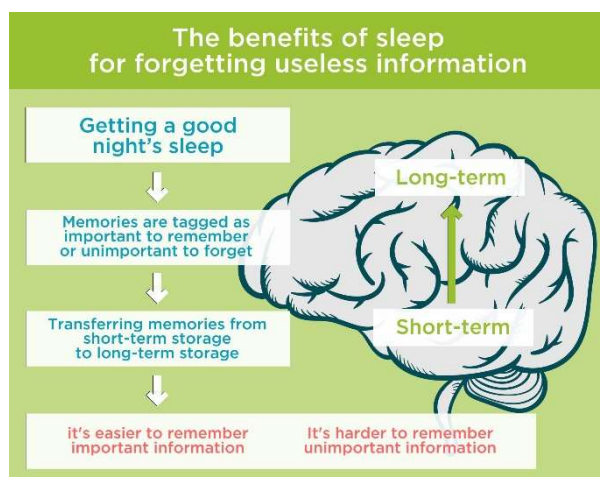
6 Sleep Strategies To Help With Being Sleep Deprived

1. Go to bed and get up at the same time every day. Follow a regular schedule each night. This trains your body and brain and promotes relaxation (e.g., bath – pj.'s – brush teeth – say goodnight – turn lights off – get into bed – lay facing the same way – do some deep breathing and close your eyes).
2. Do NOT adjust your ritual over the weekend.
3. Do not nap if you have trouble sleeping, unless there is a need for alertness (ex., driving).
4. Keep your room cool (promotes drowsiness), dark, and block noises. Use a mask if necessary and/or blackout curtains. Allow for thorough ventilation in the room to avoid breathing stale air.
5. The power of suggestion can be a powerful aid in getting a better sleep, especially if used in conjunction with deep breathing. The more that it is used, the more potent the effect it has. Suggestion works by gently reminding your mind. (e.g. "Calm, Peaceful, Sleep, Dream") Do not tell yourself how tired you are going to be the next day as this kind of suggestion is just as fulfilling.

A good night's sleep can mean the difference between coping effectively with the daily stressors of life and completely losing your mental and physical health. Beverly Beuermann-King

Be More Sleep Diligent!

<https://worksmartlivesmart.com/national-sleep-awareness-week-march/>



Read More on our website: QPICSA.com
210.920.9301

Sleep resources:

<https://www.sleep.com/sleep-app>

<https://www.sleep.com/sleep-health/sleep-diet>

What Are Sleep Deprivation and Deficiency? (2022). <https://www.nhlbi.nih.gov/health/sleep-deprivation>

About Sleep (2024). <https://www.cdc.gov/sleep/about/index.html>

Improve sleep quality

[Quick Tips for Better Sleep and Getting Up in the Morning](#)

[Sleep tips](#) (5:36) — 5 techniques for better sleep

[Free white noise website](#)

[Hack Your Sleep Webinar](#) (30:06)

[Bedtime relaxation](#) (15:22)

Mindfulness for Relaxation and Sleep

[Body Scan](#) (20:25)

[Gentle Stretching Meditation](#) (28:08)

[Mindfulness of Breathing](#) (16:09)

[Mindful Yoga](#) (23:40)

[Yoga Nidra](#) (21:25) — a refreshing form of relaxation and an alternative to the 20-minute power nap.

<https://health.mit.edu/community/sleep/additional-sleep-resources>



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 - Redimd.com
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 - CVS.com/minuteclinic/virtual-care



Walk-in services & open on weekends for minor injuries

Offering physical therapy, occupational therapy, and speech therapy to aid in recovery and rehabilitation.

Some common illnesses and injuries include sprains, urinary tract infections (UTI), the flu, allergies or asthma, ear infections, sore throats, stomach aches, and fever or headaches.

In Network Urgent Care Facilities



Healthy Recipe

Cherry Chamomile moon milk

Written By: Tiffany La Forge, Sleep.com

Ingredients:

- 1 chamomile-lavender tea bag
- 4 oz boiling water
- 4 oz tart cherry juice
- 2 Tsp honey
- 8 oz oat or almond milk



Directions:

1. Place the tea bag in a 16-oz or larger mug. Pour boiling water over the herbs and steep for 10 minutes. Remove the tea bag.
2. Heat cherry juice, honey, and milk to a simmer.
3. Remove and pour over the prepared tea.
4. Top with additional frothed milk, if desired.

Notes: Additional recipes to help support sleep <https://www.sleep.com/sleep-health/foods-that-help-you-sleep>

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Nutritional Information:

1 serving: 1 cup | Calories: 160kcal | Carbohydrates: 18g | Protein: 9g | Fat: 4.5g | Sugar: 17g

Reference: <https://www.eatyourselfskinny.com/chicken-tortilla-soup/>, Retrieved 04/23/2025, By: Kelly Gellner, July 01, 2019; Updated April 19, 2024

QPICSA.com

Phone:
210.920.9301

