

Community Health Newsletter

Week 19



S: Sleep Hygiene



Hygiene is a condition or practice that is conducive to the preservation of health.

While many think **sleep hygiene** refers to bed linens or relates to bedbugs, sleep hygiene is a term used to describe healthy sleep behaviors.

Sleep is crucial for memory, alertness, energy, the cardiovascular and immune systems, and more. Individuals who are sleep deprived are more likely to suffer from cardiovascular disease, weight gain, and type II diabetes.

Lack of sleep affects health (physiological and mental functions):

- From 1999 to 2008, nearly two in ten fatal crashes resulted from a drowsy driver.
- Recent studies indicate that nearly one in three adults in the U.S. reported getting less than seven hours of sleep per night, and approximately 50 to 70 million Americans suffer from chronic sleep disorders.
- Insufficient sleep is associated with several physical and mental problems, such as heart disease, obesity, and depression.

Deep, undisturbed sleep allows the body to replenish energy, heal, renew, and refresh.

Sleep Hygiene Tips

- *A bed is for sleeping. While it should be comfortable, do not watch TV, read, work, play games, or eat in your bed.*
- *Make certain your bedroom is dark, quiet, relaxing, and not too hot or cold.*
- *Avoid nicotine, large meals, alcohol, sugary items, and caffeine before bedtime.*
- *While physical activity promotes sleep, do not exercise within a few hours before bedtime.*
- *Maintain consistent sleep hours. Go to bed at the same time each night.*

How Much Sleep Do You Really Need?

Age	Sleep Needs
Newborns (0-2 months)	12-18 hours
Infants (3 to 11 months)	14 to 15 hours
Toddlers (1-3 years)	12 to 14 hours
Preschoolers (3-5 years)	11 to 13 hours
School-age children (5-10 years)	10 to 11 hours
Teens (10-17)	8.5-9.25 hours
Adults	7-9 hours

Source: National Sleep Foundation

Food of the Week: Squash

Squash is a nutrient-dense vegetable that comes in a variety of shapes, sizes, and colors. Squash are available all year.

The term "winter" squash comes from usage not availability. Acorn, butternut, and spaghetti are varieties of winter squash. These have hard, inedible skins, but they can be stored longer than summer squash. Winter squash are more nutritious and richer in vitamins, such as A and C.

Centers for Disease Control and Prevention offer a series of podcasts on sleep. Learn more, check: <http://www2c.cdc.gov/podcasts/browse.asp>



Baked Acorn Squash with Pineapple

from the CDC

6 servings

1 large acorn squash (32 oz)

2 teaspoons ground cinnamon

1 cup crushed pineapple, drained

1 teaspoon nutmeg

½ teaspoon ground allspice

½ teaspoon ground ginger

Preheat oven to 350°F. Cut the squash in half and remove the seeds. Place each half, cut side down, in a baking dish. Cover dish and bake for 45 to 60 minutes until squash is soft and tender. Meanwhile, combine the cinnamon, pineapple, nutmeg, allspice, and ginger. When squash is cooked, remove from oven. Let it cool for 10 minutes. Scoop out the pulp from both halves and combine with the pineapple mixture. Replace mixture into shells and return to the oven and bake for 7 minutes until pineapple mixture is hot and bubbly.

Circle what should be in your bedroom. Put an X over items that should NOT be in your bedroom.

