



wellnews

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FROM THE EXPERT Reunite With Sleep

We all know we should get 7-9 hours of sleep each night, but few of us actually make it a top priority in our lives. Matthew Walker, Ph.D., Professor of Neuroscience and Psychology at the University of California, Berkley, has something to teach us about the astounding impact of sleep on human health and disease.

The following points have us re-thinking our evening routines:

Getting 6 hours or less of sleep each night?

- All 4 stages of sleep are important and cannot be short-changed
- The number of people who survive on this, without showing any impairment, expressed as a percent of population is 0
- Your time to physical exhaustion drops by 30%
- Men will have a level of testosterone which is that of someone 10 years their senior
- On average, a person will eat 200-300 extra calories each day = 70,000 calories per year = 10-15 pounds of obese mass

What if we started school 1 hour later?

- A study in Wyoming showed a 70% reduction in car crashes one year post-study
- A study in Adina, MN showed a 212-point increase in SAT scores one year post-study

Daylight savings time and heart attacks:

- 'Springing ahead' 1 hour may correlate to 24% more
- 'Falling back' 1 hour may correlate to a 21% fewer

Seen in Health Care:

- A surgeon on 6 hours or less of sleep may show a 170% increased risk of a major surgical error relative to that same surgeon with more sleep

Kokomo School Corporation, Employee Health & Wellness Center

Clinic Hours

Monday:	6:30a – 1:00p
Tuesday:	12noon – 6:00p
Wednesday:	closed
Thursday:	12noon – 6:00p
Friday:	6:30a – 1:00p

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 Kokomo, IN 46902
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FROM THE EXPERT **Reunite With Sleep** continued

- Residents working a 30-hour shift have 168% risk of a car accident when heading home
- Regularizing light in NICU produced higher levels of O2 saturation and increased weight gain allowing discharge 5-weeks earlier

Short sleep predicts all-cause mortality

- Third shift workers have high rates of obesity, diabetes, and cancer
 - The association between lack of sleep and cancer is so strong that the WHO classified any form of night-time shift-work as a probable carcinogen
- Insufficient sleep across the lifespan now seems to be one of the most significant lifestyle factors determining whether or not you'll get Alzheimer's Disease

Trouble sleeping?

- 7-9 hours of sleep is essential. "You can sleep when you're dead" — not sound advice! Data shows lack of good sleep leads to death sooner and significantly lower quality of life
- Regularity: Go to bed at the same time and wake up at the same time every day
- Lighting: Switch off half the lights or keep it dark 1 hour before bed
 - 1 hour of iPad reading will delay melatonin peak by 3 hours (versus 1 hour of reading a book in dim light)
- Cool temperature: Your brain needs to drop 2-3 degrees to initiate sleep
- Don't go to bed too full or too hungry
 - If you're dieting on little sleep, 70% of weight you lose will come from lean body mass and not fat

Source: Redban, Brian (Producer). (2018, April 25). *The Joe Rogan Experience*. Retrieved from: <http://podcasts.joerogan.net/podcasts/matthew-walker>





TZATZIKI SAUCE

INGREDIENTS:

- 2 cups cucumber, peeled and chopped
- ½ cup fresh dill
- 2 cloves fresh garlic, minced
- ¼ cup lemon juice, fresh
- ¼ tsp pepper
- ½ tsp salt
- 2 cups Greek yogurt, plain, fat free

DIRECTIONS:

1. Peel cucumbers. Remove seeds. Finely chop cucumbers.
2. In a medium bowl, mix dill, garlic, lemon juice, pepper and salt. Stir in Greek yogurt. Add cucumbers to yogurt mixture and stir.
3. Chill for 2 hours.
4. Serve on fish, Greek salad, gyros or as a vegetable dip.

Nutritional Information

- Serves: 32
- Serving Size: 2 Tbsp
- Calories: 12
- Carbohydrate: 1g
- Protein: 1.5g
- Fat: 0g
- Sodium: 4mg
- Fiber: 0g

NUTRITION

Intermittent Fasting

The concept of fasting is not new; it dates back to the 5th century. As with many things, a novel twist on an old theme, intermittent fasting (IF), has created renewed interest.

What does fasting look like?

Researchers do not agree on a definition for fasting. There are, however, some common themes. Studies have looked at daily 12 – 16 hour fasts, severely limiting calories every day, alternating zero calorie days, non-consecutive days with

very low calorie intake, etc. The 5:2 regimen, where subjects eat a healthy, normal diet 5 days per week and then fast (women eat 500 calories and men eat 600 calories) 2 non-consecutive days per week has been studied in humans.

What does research say? Studies with humans are few in number, but they suggest that in certain obese subjects there is significant loss in abdominal fat, an increase in insulin sensitivity and a reduction in triglycerides and LDL cholesterol.

Words of caution! While anyone considering a fast should get the green light from their Physician first, some groups are not appropriate for an IF. They include people with diabetes, are pregnant, breast-feeding, under the age of 18, or have history of an eating disorder or disordered eating.

Bringing it together Clinical research on humans is lacking, so proceed with care. Evidence appears to be mounting in support of IF, although the benefits and drawbacks are yet to be sorted out. As more research becomes available, IF may be one more tool in the fight for better health!

Resources: Densie Webb, PHD, RD, Today's Dietitian, 2018 / Kristen Kirkpatrick, MS, RD, LD, Cleveland Clinic, 2015





MINDFULNESS

Our Circadian Clock

The circadian rhythm is a well-researched and accepted biological fact. We all need a sleep-wake cycle, which is related to the setting and rising of the sun and housed deep within the brain. But fascinating research has shown that virtually every organ in our bodies operates on its own internal clock. When genetics, environment or behavior disrupt these clocks, metabolic disease can develop.

For example, if we want to eat in the middle of the night, the master clock is sending out signals saying “it’s time to rest, do not eat”. If we override this master signal and eat, the pancreas, which regulates the secretion of insulin, starts releasing insulin. This upsets the balance and leads to competing time cues between the organ clock and the master clock.

Paying attention to the body’s natural rhythms is more important than we realize. Disruption to our natural circadian rhythms and sleep can interfere with many body functions, making us more prone to metabolic disorders, infections, weight gain, mood disorders and even heart disease.

Limiting daytime naps to 30 minutes . Napping does not make up for inadequate nighttime sleep. However, a short nap of 20-30 minutes can help to improve mood, alertness and performance.

Avoiding stimulants such as caffeine and nicotine close to bedtime. And when it comes to alcohol, moderation is key. While alcohol is well-known to help you fall asleep faster, too much close to bedtime can disrupt sleep in the second half of the night as the body begins to process the alcohol.

Exercising to promote good quality sleep. As little as 10 minutes of aerobic exercise, such as walking or cycling, can drastically improve nighttime sleep quality. For the best night’s sleep, most people should avoid strenuous workouts close to bedtime. However, the effect of intense nighttime exercise on sleep differs from person to person, so find out what works best for you.

Steering clear of food that can be disruptive right before sleep. Heavy or rich foods, fatty or fried meals, spicy dishes, citrus fruits, and carbonated drinks can trigger indigestion for some people. When this occurs close to bedtime, it can lead to painful heartburn that disrupts sleep.

Ensuring adequate exposure to natural light. This is particularly important for individuals who may not venture outside frequently.

You can now get information from your health coach through social media!

Click the links below:

