

Wellness World



A Wellness Newsletter in Pursuit of the Six Dimensions of Wellness:
Physical, Intellectual, Emotional, Social, Spiritual, and Environmental.

Fall 2010

Volume #1

Issue #1

Welcome to the inaugural issue of Wellness World. This electronic newsletter is brought to you by the Newtown Wellness Committee in response to the survey executed last year that addressed staff wellness. Five more issues are scheduled for the 2010-2011 academic year. Each newsletter will focus on a wellness topic that is of interest to you as determined by the survey. Future issues will deal with women's health, men's health, nutrition, exercise and fitness, stress, and diseases to name a few. Please take a moment to enjoy this introductory issue, which addresses one of our favorite wellness topics...SLEEP!

Step away from your gradebook and turn off the television because sleep is good for you!

Sleep

recharges the brain and allows the body to relax and heal; growth hormones are peaked in deep sleep, which allows for tissue growth and repair; improves the immune response to infections; plays a major role in facilitating memory storage and retention, organization and reorganization, as well as new learning and performance. When sleep is disrupted, the brain's ability to transfer short-term memory into long-term memory is impaired. **TOO LITTLE SLEEP MEANS Stress!** If the body is not recharged and ready for the day, stress levels can increase that may cause and contribute to a myriad of health problems.

GOLDEN RULES OF SLEEP

- ~Get adequate amounts of sleep every night!
- ~Establish a regular sleep schedule and get continuous sleep
- ~Go to bed at the same time every night and wake up with an alarm clock at the same time every morning, including weekends.
- ~Get between 7-9 hours a night to feel rested and to be at your best. Your biological waking and sleeping clock is not programmed for weekends. Even slight changes in sleep cycles can cause problems.

Other Important Sleep Tips

- ~Stop smoking
- ~Reduce caffeine intake
- ~Avoid alcohol near bedtime
- ~Maintain a relaxing atmosphere in the bedroom
- ~Try relaxation techniques
- ~Make sleep a priority
- ~Do not read or watch television in bed

YOU MAY NOT BE GETTING ENOUGH SLEEP IF YOU

- ~Fall asleep within five minutes of watching TV, getting into bed (or coming to school);
- ~Cannot wake up in the morning at the appropriate time without an alarm clock;
- ~Struggle to get out of bed in the morning;
- ~Fall asleep in meetings and lectures;
- ~Need caffeine to keep you awake;
- ~Sleep extra hours on the weekend (Do not "sleep in" on the weekend for more than **one hour** past your weekly wake up time.
- ~Have trouble concentrating and remembering
- ~feel sleepy during the day and want to take a nap under your desk, in the equipment closet, in an instrument locker.



Early to bed, early to rise, makes a man [and a woman] healthy, wealthy, and wise. ~Ben Franklin