

RESULTS FOR LIFE

Monthly tips and topics for a healthier lifestyle

Sleep Health

How many hours of sleep do you get each night? Sleep plays an important role in your health and overall wellbeing. Not getting enough sleep can impair judgment and mood and can have long term effects on overall health. This newsletter includes information on the role sleep plays in the body, and practical tips to improve your sleep hygiene.

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Sleep and Aging

Changes to sleep patterns are part of the normal aging process. Just as the body changes with age, so does the brain which controls the circadian rhythm for sleep. The most notable age-related change in sleep concerns its quality, which declines in middle age. As people age they tend to have a harder time falling asleep and more trouble staying asleep than when they were younger. Changes in sleep brain wave patterns cause older adults to produce less deep sleep and sleep more lightly. Because sleep is lighter, older adults wake up more frequently and for longer intervals.

It's a misconception that older adults need less sleep. Sleep requirement remains the same during adulthood, approximately 7 to 9 hours of sleep a night. There is, however, a shift in the timing of sleep. It's common for older individuals to become

Fit Tip of the Month



Couch to 5K

Check out the 10-week beginner running program below to run 3 miles & check off "run your first 5K" goal on your to-do list! Remember to stretch after every workout.

Weeks 1 & 2 - 3 days each week, 30 mins total

- walk 5 mins warm-up
- walk or jog easy 20 mins (or alternate)
- walk 5 mins cool-down

Weeks 3 & 4 - 4 days each week, 36 mins total

- walk 5 mins warm-up
- fast walk/easy jog 26 mins (or alternate)
- walk 5 mins cool-down

Weeks 5 & 6 - 4-5 days each week, 40 mins total

- walk 5 mins warm-up
- walk/jog or run or alternate between, 30 mins total
- walk 5 mins cool-down

sleepier in the early evening and wake earlier in the morning. This pattern is called advanced sleep phase syndrome.

The occurrence of sleep disorders also tends to increase with age. Insomnia is a common sleep issue for older adults which makes it difficult to either fall asleep, stay asleep, or wake up too early. Sleep apnea and restless leg syndrome are also prevalent. Symptoms of sleep apnea include snoring or pauses in breathing which causes excessive daytime sleepiness. Restless Leg Syndrome, which causes unpleasant tingling in your legs, is worse at night making it difficult to sleep. If you're not sleeping well, it's important to talk with your doctor since difficulty sleeping can be a symptom of more serious health conditions.

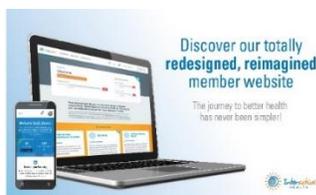
To improve sleep quality and daytime alertness, it's important to follow good sleep hygiene habits. Here are some tips:

- Keep a consistent sleep schedule
- Follow a regular, relaxing wind down routine
- Keep bedroom cool, dark and noise-free
- Avoid electronics one hour prior to bedtime
- Exercise regularly
- Get plenty of sunlight
- Lighten up on dinner and fluid intake
- Avoid alcohol and caffeine and quit tobacco use
- Don't watch the clock at night
- If not asleep, don't lie awake in bed and worry
- Practice relaxation exercises for falling asleep

Ann Rowland, MS, MA, Health Coach

Resources: [National Sleep Foundation](#) [Interactive Health](#)

Have you seen your new wellness website?



We've taken the online wellness experience to a whole new level. Tap into a concierge-like web experience that will assist you on your journey to better health. Fresh, modern and easy-to-use, the website includes interactive guides, pin-able content, personalized action steps and much more!

Log on today at www.myinteractivehealth.com (or at your company-provided web link) to see more.

Weeks 7 & 8 – 4-5 days each week, 46 mins total

- walk 5 mins warm-up
- jog/run or alternate between, 36 mins total
- walk 5 mins cool-down

Weeks 9 & 10 – 5 days each week, 50 mins total

- walk 5 mins warm-up
- jog/run or alternate between, 40 mins total
- walk 5 mins cool-down

The key is to build up gradually and not worry at all about speed. Listen to your body so as not to push yourself too hard. Your first 5K should be fun so that you want to do another one!

Happy Training!

Resources: [Active.com](#)

**Suzanne Toon MS, CPT
Health Coach**

Always consult your physician before beginning this or any exercise program. For more exercises or ideas, visit www.myinteractivehealth.com.

Preventive Focus Sleep Apnea Assessment

Do you wake up with a headache or not feeling rested? Do you fall asleep during the day? Has your bed partner mentioned that you snore loudly, toss and turn, stop breathing, gasp or choke?

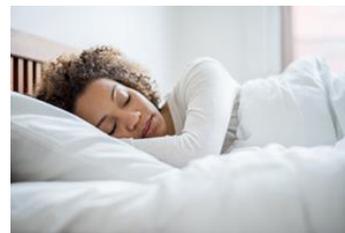
Talk to your provider about Sleep Apnea. Sleep Apnea happens when your breathing is blocked or partially blocked while sleeping. Your provider will review your medical history, run blood tests such as glucose or blood sugar to check for diabetes, TSH to check thyroid function, a CBC (complete blood count) to check for abnormal red blood cells and Electrocardiogram, also called an EKG or ECG, to check heart condition.

Interactive Health's blood work includes glucose, CBC and TSH (depending on age & gender). Your results packet provides a Sleep Apnea Risk Analysis for your review. Your provider may have you complete the Epworth Sleepiness Scale that checks for sleepiness levels. A sleep study in a sleep lab and/or a referral to a sleep specialist will be done if necessary.

Finding the cause, then getting the right treatment can greatly improve your sleep and lifestyle. Interactive Health offers coaching on Weight Management and Getting a Goodnight's sleep.

Geraldine Becker, RN, BSN, CCM, Health Management Specialist

Resources: [Interactive Health](#), [National Sleep Foundation](#), [American Sleep Apnea Association](#)



Dreaming of a Good Night's Sleep

Did you know thought patterns and lifestyle choices can make it more difficult to fall or stay asleep? Maintaining a healthy circadian rhythm is the key to getting a good night's sleep. This webinar will explore what happens when we sleep and strategies to help improve sleep quality.

Date: Thursday, April 19, 2018
Time: 12:00pm - 12:45pm Central

[Register Now](#)

After registering you will receive a confirmation email containing information about joining the webinar.

A recorded version of the webinar will be available for viewing within seven business days on the [Interactive Health](#) member website.

Recipe of the Month

Chocolate Peanut Butter Energy Balls

Looking for a healthy snack to keep you energized during the day? These Energy Balls are a balanced snack filled with protein, fiber, and healthy fat. They are a great mid-afternoon snack to help keep you focused and energized.

Ingredients

- 2 cups of old fashioned rolled oats
- ½ cup of ground flax seed
- 1 tablespoon of chia seeds
- 1 teaspoon of cinnamon
- ¾ cup of dried pitted dates
- ½ cup of natural peanut butter
- 1 teaspoon of vanilla extract
- ¼ cup water
- ½ cup of dark chocolate chips



Directions

1. Add rolled oats, ground flax seed, chia seeds, cinnamon, dried dates, peanut butter, and vanilla extract to food processor.
2. Pulse until ingredients are blended and oats are finely chopped, almost like flour consistency. (about 7-9 times)
3. Slowly add water to the food processor and blend until the mixture sticks together. You may need to add more or less water depending on your energy ball dough.
4. Add mixture to a large bowl, using your hands mix in chocolate chips.
5. Form energy bite mixture into 1" balls and place on parchment paper lined baking sheet.

Nutritional Information Per Serving (1 energy ball)

Calories: 152

Total Fat: 8 grams

Saturated Fat: 2 grams

Cholesterol: 0 milligrams

Protein: 4 grams

Total Carbohydrates: 19 grams

Dietary Fiber: 4 grams

Sugars: 6 grams

Sodium: 38 milligrams

Recipe adopted from: <https://www.joyfulhealthyeats.com/no-bake-chocolate-peanut-butter-energy-balls/>

Erica Lokshin, MS, RDN, LDN
Registered Dietitian/Health Coach

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Wellness Works Hub

Stay up to date with the latest wellness news and trends with [Wellness Works Hub](#).

If you haven't visited lately, here's what you've missed:

[Food Choices Help Support Workplace Wellness Benefits](#)

Thinking about food choices before hunger cravings kick in is an important wellness habit. After all, it's too easy to reach for an unhealthy snack in the heat of a hunger moment! But which foods, exactly, should one choose as part of a healthy diet?

Interactive Health provides comprehensive wellness programs to individuals across the nation. Our worksite wellness program is designed to engage you in the management of your health through early detection and identification of risk factors. Our goal is to *measure, motivate and reward* you as you begin a journey on the pathway to better health. We create a personalized pathway that is unique to your health status. Our program provides you with the specific tools and resources you need to achieve your personal health goal.