

Mansfield Monthly



Anthem 24/7 Nurse Line: 1-800-711-5947

Not Sleeping Enough?

World Sleep Day falls on March 13th. Sleep is not the most exciting topic but is often one of the most neglected things in our society, while being one of the simplest things we can do to feel better, perform better and improve our general health. What are some potential side effects of sleep deprivation?

- Mood Swings & Poorer Decision Making/Creativity
- Lower Immunity
- Hormone Dysfunction
- Tendency to engage in behaviors that may contribute to weight gain
- Longer recovery time from injury/physical activity
- Increased risk of various disease such as: heart disease, heart attack, stroke and diabetes

Better sleep habits lead to improved alertness, decision making, energy and performance while making us less prone to certain medical conditions.

Tips for Better with Sleep

General recommendations are to aim for 7-9 hours of sleep per night. This will vary based on the individual but, usually anything below 7 tends to show some negative effects in the average person.

** Sunday, March 8th is Daylight Savings! Get to bed 1 hour earlier to make up for moving the clocks forward!

Strategies to Help Sleep Quality/Duration

- Read before bed to fall asleep quicker
- Avoid bright screens 1-2 hours before bed (or keep electronics on “night mode”
- Avoid falling asleep with the TV on to sleep more soundly throughout the night
- Keep your bedroom temp. cool
- Make sure your room is dark and void of unnecessary light
- Avoid caffeine intake too late into the afternoon or many hours before bedtime
- Avoid too large of meals within an hour of two of bedtime if it disrupts your digestion
- Take a warm shower or bath to relax close to bedtime
- Avoid exercise too close to bedtime
- Try going to bed and waking up around the same times day to day (on weekends as well if possible)
- Avoid checking your clock or phone if you wake up in the middle of the night

Regardless of what you do, try to form a routine you can stick to. It won't always be perfect because things come up week to week, but the more you can stay consistent the better you should feel and perform!

TOWN EVENTS THIS MONTH

<https://ct-mansfield.civicplus.com/calendar.aspx?CID=31>

(Calendar of Specific Dates & Times ^^)

Events such as:

- Free Mansfield Day @ The MCC
- Family Fun Nights @ The MCC
- MPL Book Discussion Group @ The Library
- Board Game Night @ The Library Express
- Groups for Pregnant/New Moms @ The Library
- Caregiver Support Group @ The Senior Center.



BE WELL NEWS

Please click [HERE](#) for the March Wellness quiz that will count towards the end of year Rewards!

Thank you to those of you who came out to the cholesterol screening! Next week we will have a [Sleep Activity](#) sent out to anyone interested in participating.

Fun Fact

The average American spends roughly 26 years of their lives sleeping!

This is essentially one-third of the average person's life...

March Recipe Idea

Jalapeno Garlic Turkey Burgers

- 2 lb. 93/7 Ground Turkey
- 2 Whole Eggs
- 1 cup Sliced Mushrooms
- 1/2 cup Sliced Jalapenos
- 2 cloves Garlic

Simply, mix ingredients together into a bowl and form into patties! Cook in a stovetop pan ~ 4-5 min per side.

For 7 burgers (per burger):

- ~ 200 calories
- 27g Protein, 11g Fat, 1g Carbs



Be Well is an employee wellness program provided through your employer designed to provide you with individualized tips and tools to help you with personal health & wellness goals!

Be Well
Wellness

