

Making the most of "down time"...




Sleep – Getting high quality zzz's
Kim Pullman, RD, LN ~ Deb Rapaport, RN, BSN

How was your week?



First things first:

1. Write your weight on your chart.
2. Draw a line from your fourth week's weight to the fifth.
3. Take out your F&F Log.
 - a) Were you all able to fill it out each day?
 - b) Make a note about how you did this week.



What is "Good Sleep?"

- Our bodies need restful sleep each day.
- Each person is different, but a good way to tell is if you wake up without an alarm, if you can get out of bed without a (huge) struggle, and if you feel alert and rested most of the day.
 - On average, people need between 7-8.5 hours of sleep EVERY night.
- Think consistency each day. Your wake time is just as important as your bed time. Go to bed and wake up at the same time each day.





CAN the impact of sleep be OVERSTATED?

Sleep Well to *Lose Weight*

- Sleep regulates hormones linked to metabolism and appetite.
- People who average 5 hours of sleep/night 50% more likely to be obese than those who sleep 7 – 9 hours.



Sleep to Improve *Health*



- Sleep is when your immune system does it's job.
- Sleep less than 6 or more than 9 hours/night is associated with increased risk of diabetes.
- Lack of sleep is connected to mood and depression. It also impacts your ability to deal with stress.
- Sleep is connected to a host of other conditions, including cardiovascular disease.

Sleep to *Work and Play Better*

- When you are well-rested, you are more likely to be more physically active.
- Sleep deprivation impacts your coordination, agility, mood, and energy. Sleep affects your ability to make physical gains in endurance, cardiovascular ability, and strength.
- Your ability to problem-solve, take on challenges and work productively is intrinsically connected to sleep.



Sleep Strategies

- Dim the lights within an hour of bedtime. Turn off the TV and the computer.
- If you are not asleep after 20 minutes, then get out of bed. Do something relaxing.
- *Begin a routine that helps you relax* each night before bed (warm bath, reading, relaxation exercises).
- Replace your mattress every 5-7 years. Check your alignment in bed, and replace pillows as often as needed.

Sleep Strategies

- *Get up at the same time every morning—even weekends and holidays.* Go to bed at the same time each night.
- Avoid taking naps if you can. If you must nap <1 hour prior to 3 pm.
- Keep a regular schedule – leave 8 hours each day for sleep and rest.
- Don't read, write, eat, watch TV, talk on the phone, or play cards in bed.
- Make the room dark.
- Use white noise to muffle sudden noises that can disturb sleep. *"Relax Melodies" app is free and you can set it to help you fall asleep and even to wake if you like.*

Sleep Strategies (cont.)

- Do not have any *caffeine* after lunch.
- Do not have a beer, wine, or any other alcohol within 6 hours of your bedtime.
- Do not have a cigarette or any other source of nicotine before bedtime.
- Do not go to bed hungry, but don't eat a big meal near bedtime either.
- Avoid sleeping pills, or use them cautiously.

Remember YOUR Goals?



1.
Weight Loss



2.
Exercise



3.
Healthy Habits

Concentrate on Goal 3

- What can you do to improve your sleep this week?
- Write down one simple action you will take THIS WEEK to move toward that goal.
- Write down barriers do you think you may run into.
- Write down how will you work around those barriers.
- If you need to change your goal – DO SO!
Remember, achievable, specific, measurable, time for completion.

Tip: Write your goals in your binder. Post them on your mirror. Put a reminder in your Outlook calendar. Write them in your food and fitness log. Schedule them into your day.



Food and Fitness Log

This weeks mission: Record everything you eat + portion size + calories + emotion

A successful food & fitness log

- Bring your log page & calorie book with you – *in the binder, in your purse/wallet, via e-mail, PDA, whatever works.*
- Record EVERYTHING you eat and drink, portion size, and calories.
- Record all DELIBERATE activity/exercise you do each day.
- Record your weight *AT LEAST 1x/week.*
- **REMEMBER** – this log is for your use **ONLY**. Be honest – be complete.



Positive Thinking

- Remember that overall goal – remind yourself now. Why are you here?
- Practice positive thinking. Focus on what's right, so you have the energy to fix what's wrong.

Sign Up!

Hunter Challenge begins September 17



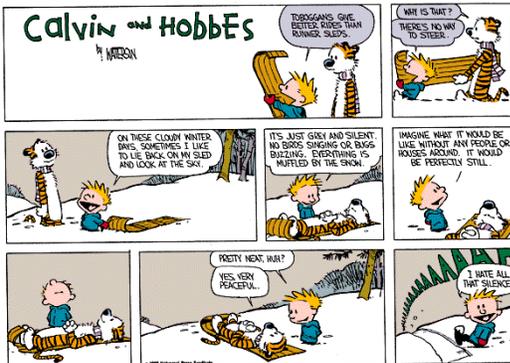
<http://benefits.mt.gov/wellness.mcp>



This Week:

1. DO what you've decided that you will to meet your goals.
2. PRINT another week for the food and fitness log.
3. RECORD your food, fitness and weight in your log.
4. BRING your binder, log and chart to our next webinar.

Our next meeting is Monday from 12-1pm.



Your Turn