



Sleep: Its benefits and how to get a good night's rest

Are you struggling to get a good night's sleep? Besides being tired, many of us don't fully understand the consequences that are associated with sleep deprivation. Getting a good night's sleep on a regular basis helps improve mental function, control your appetite, boosts your mood and strengthens your immunity.

What is the secret to getting a good night's sleep?

Try these tips to help fall asleep:

- **Keep a regular sleep schedule.** Set a consistent bedtime and wakeup time. Even try to maintain on the weekends.
- **Increase your light exposure during the day.** Long amounts of time away from natural light can impact your daytime wakefulness making you drowsy when you shouldn't be.
- **Limit the amount of bright light you are exposed to near your bedtime.** Do so by limiting TV and computer time at least 30 minutes before bed. Lower wattage of lights you are exposed to in the evening and sleep in a dark room.
- **Make your bedroom comfortable for sleep.** Start by keeping noise down, keep your room cool and make sure that your bed is comfortable.
- **Stay away from big meals at night.** They keep you up as your body works to digest the food.
- **Watch your fluid intake.** Especially avoid drinking too many liquids in the evening, too much caffeine and avoid alcohol before bed.
- **Get your stress and anxiety in check.** Use some relaxation techniques such as deep breathing and progressive muscle relaxation.

Now what happens if you wake up in the middle of the night and can't get back to sleep?

- **Don't stress about it.** As frustrating as it may be, don't stress over the fact that you are awake, it will only make it worse.
- **Try to relax.** Even if you are not able to fall back to sleep, allowing yourself to rest and relax are the next best thing.
- **Do a quiet, non-stimulating activity.** If you are awake for more than 15 minutes, you can get up and try a quiet, non-stimulating activity such as reading. Remember to limit bright light exposure and don't eat or drink too much.
- **Shut off your worry.** If something is on your mind, making you worry and keeping you up, write it down. By putting it on paper, it ensures that you will not forget it and serves as a reminder to address it the next day.

There is only one thing people like that is good for them; a good night's sleep.

-E. W. Howe

Featured Anti-Inflammatory Food

Spinach

Researchers have identified over a dozen compounds in spinach that are shown to have anti-inflammatory properties. Inflammation in the body decreases after eating spinach.

Eat more spinach by trying out one of these great recipes!

Sausage and Greens

Ingredients

1 tsp coconut oil	1/2 lb sausages, sliced
1/2 yellow onion, diced	4 cups of spinach

Directions

Warm coconut oil over medium heat in a skillet, and sauté the onions until almost see through. Put the sausage in the same skillet with the onions and cook until brown, stirring and flipping. Next add the greens and lower the heat to medium low. Cover the skillet and cook about 5 more minutes, it will be finished when the greens are soft.

Bacon and Spinach Skillet

Ingredients

2 ½ lb good quality smoked bacon, cut into medium sized strips	1 lb button mushrooms, sliced
3 handfuls of fresh spinach, stems removed	1 large onion, chopped
	2 garlic cloves, minced
	2 tbsp ghee
	Salt and pepper to taste

Directions

Cook the bacon until soft, not crispy, in a large skillet over medium heat. Then add onion and keep cooking for about 5 more minutes. When the onion is soft, add the garlic. After another minute, include the mushrooms and keep cooking for 8 minutes. Stir the spinach into the mixture and add the butter. Cover until the spinach is finished, about 4 more minutes, and stir occasionally. Sprinkle with salt and pepper as desired and serve!



Special Feature
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How to select spinach at the store

Spinach is grown in the spring, summer, and fall. Look for fresh spinach that has crisp, green leaves. Avoid spinach leaves that are yellowing or beginning to limp. Use spinach 3-5 days after purchase.



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www.feedyourvitality.com

Newsletter Quiz

1. What strategy do you use to try to get a good night's sleep?
2. How many days after purchase should you plan to use your spinach?

To earn your Wellness Incentive Points, e-mail your response to Katie@wellworksinc.com by August 31, 2015.

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