

BATHROOM BANTER

MARCH 2015 (210) 207-WELL wellness@sanantonio.gov

EATING THESE FOODS MAY HELP YOU SLEEP AT NIGHT



- **Dairy Products:** contain calcium & tryptophan which increase the production of melatonin, serotonin, & niacin
- **Bananas:** contain magnesium & potassium, calming overactive neurons and brain activity & relaxing muscles.
- **Tart Cherries & Grapes:** contain B vitamins & are the only 2 fruits known to contain melatonin.
- **Oatmeal & Whole Grain Cereals:** contain complex carbohydrates which prevent sugar-highs and crashes.
- **Almonds:** rich in nutrients that help regulate brain activity, relax muscles, regulate blood sugar, & increase melatonin
- **Turkey:** the best source of tryptophan, aiding sleep.
- **Chamomile & Green Teas:** known for their healthful, relaxing, & sleep-inducing effects (decaf varieties)

AVOID THESE FOODS AND YOU WILL SLEEP BETTER



- **Caffeine:** is a psychoactive stimulant, keeping the central nervous system awake
- **Chocolate:** contains caffeine & other stimulants
- **Simple Sugars and Sweeteners:** spike blood glucose levels
- **Fats:** take longer to digest, preventing the body from powering down
- **Spicy Foods:** cause acid reflux, disrupting sleep
- **Alcohol:** is a central nervous system stimulant. It may help you fall sleep, but you are more likely to sleep restlessly.



This **St. Patrick's Day**, **GO GREEN** with a New Veggie Recipe!



WeightWatchers®
because it works



The One Stop Weight Watchers at Work Group has **lost a total of 144.8 lbs (equivalent of 1 person)!** AND they achieved this over Thanksgiving, Christmas, New Year's Eve, and Valentine's Day! This Group has participants from Development Services, Office of Historic Preservation, Library, Metro Health, and Planning & Community Development. Congratulations Team!

To start your own group or join one of the existing groups, contact wellness@sanantonio.gov or 207-WELL.



March 2nd-8th is **National Sleep Awareness Week**

Onsite Educational Sessions

Check out these upcoming Educational Sessions on Sleep Health. A calendar with details will be available soon on the COSAweb.

"Sleep for Health" with UHC Health Coaches
3/5, 11:30am-12:30pm @ Central Library
3/18, 6:45-7:30am @ Callaghan Service Center
3/19, 7:00-8:00am @ Northwest Service Center

"Sleep & You: Get a Good Night's Rest" DeerOaks EAP
3/25, 11:30am-12:30pm @ Municipal Building

FIVE EASY STEPS TO

better sleep

1 BE CONSISTENT
Nothing helps sleep better than an actual sleep routine—consider the way you plan your work day and your exercise, and give the same thoughtful attention to your sleep, says Krishna M. Sundar, MD, Medicine Medical Director at the University of Utah Sleep Wake Center.

2 CREATE A RESTFUL ENVIRONMENT
Your bedroom should be reserved for rest and sleep. Keep it quiet, dark and cool [around 65F]. Make sure there's no light from computers or phones; dim the face of your alarm clock or turn it to the wall. And don't work in bed!

3 EXERCISE REGULARLY
Schedule activities such as running, cycling and weight training for the morning. Try yoga, pilates and tai chi or other more moderate exercises closer to bedtime.

4 LIMIT STIMULANTS
The average person consumes between 200 mg and 300 mg of caffeine daily [that's about two to four cups of a caffeinated beverage]. The effects can last up to 24 hours, which may effect falling asleep. Cut down on beverages and supplements with stimulants in them, especially in the evening.

5 TALK TO YOUR PHYSICIAN
If you are still not getting quality sleep, contact your physician and learn about the treatment options best for you.

