



Better Sleep Month

Just like proper diet and exercise, a good night's sleep is essential to your mental, emotional and physical health. Yet many of us do not get the seven to eight hours each night recommended by sleep experts.

Sleep is a key part of a healthy lifestyle.

Sleeping well is essential to feeling your best during the day. It affects how you feel, your relationships, your productivity and your quality of life. While you sleep, your brain goes to work, consolidating the day's learning into memory and reenergizing the body. The average person needs 7-8 hours a night, but it differs for every person. Some people may need as much as 10 hours a night and others need much less. If you sleep longer on the weekends than during the week, you probably aren't getting the sleep you need every night.

For millions of people, the consequences of a poor night's sleep – higher stress, increased mistakes, difficulty concentrating – are everyday occurrences.

The Better Sleep Council conducted a sleep survey to find out what keeps Americans up at night.

- ✓ 23% claim family issues
- ✓ 16% claim personal finances
- ✓ 2% claim to worry about current events.

- Evaluate your mattress and pillow to ensure proper comfort and support. If your mattress is seven years or older, it may be time for a new one. In general, pillows should be replaced every year.
- Keep work materials, computers and televisions out of the bedroom.
- Exercise regularly, but complete workouts at least two hours before bedtime.
- If you sleep with a partner, your mattress should allow each of you enough space to move easily.
- Avoid caffeine and alcohol close to bedtime. It can keep you awake.
- Finish eating two to three hours before bedtime.

The Better Sleep Council strongly believes that the sleep advice listed above can lead to more restful, healthful sleep. However, it is encouraged that people with chronic sleep issues speak to their doctors and address other potential health conditions.

The Center for Disease Control proclaimed insufficient sleep to be a public health epidemic. Don't let it claim you as a victim!

By: Better Sleep Council

How to Sleep Better

It is important to make an overall commitment to healthy, restorative sleep. When you sleep your brain recharges, your cells repair themselves, and your body releases important hormones. The Better Sleep Council is prescribing simple changes to bedtime behaviors and sleep environments to help Americans escape the Sleepocalypse.

Here are some tips to sleep better, for maintaining a healthy sleep cycle and ensuring the best night's rest:

- Make sleep a priority by keeping a consistent bedtime and wake schedule, including weekends.
- Create a bedtime routine that is relaxing. Experts recommend reading a book, listening to soothing music or soaking in a hot bath.
- Transform your bedroom into a haven of comfort. Create a room that is dark, quiet, comfortable and cool for the best possible sleep.

Recipe of the Month

Grilled Portobello Mushroom Burger

Serves 4

Ingredients:

- 4 large portobello mushroom caps
- 1/3 cup balsamic vinegar
- 1/2 cup water
- 1 tablespoon sugar
- 1 garlic clove, minced
- 1/4 teaspoon cayenne pepper, optional
- 2 tablespoons olive oil
- 4 whole-wheat buns, toasted
- 4 slices tomato
- 4 slices red onion
- 2 bibb lettuce leaves, halved



Directions:

Clean mushrooms with a damp cloth. Remove the stems. Place in a glass dish, stem side up. To prepare the marinade, in a small bowl whisk together the vinegar, water, sugar, garlic, cayenne pepper and olive oil. Drizzle marinade over the mushrooms. Cover & place in refrigerator for 1 hour, turning mushrooms once. Heat the grill. Away from grill, lightly coat grill rack with cooking spray. Position the cooking rack 4 to 6 inches from the heat source. Grill mushrooms on medium heat, turning often, until tender, about 5 minutes on each side. Baste with marinade to keep from drying out. Place each mushroom on a bun, top with 1 tomato slice, 1 onion slice and 1/2 lettuce leaf. Serve immediately.

Nutritional Information: Calories 283, Total Fat 9g, Cholesterol 0mg, Total Carbs 46g, Dietary fiber 9g, Protein 8g