

# Words of Wellness

November 2011

## SLEEP AND RELAXATION

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### November - A great month to think about SLEEP & RELAXATION



#### Foods to help you settle into slumber:

Almonds, oats, pistachios, pumpkin seeds and wheat are all good sources of tryptophan, an amino acid that helps the body produce serotonin and melatonin.

So, foods like bananas, which contain both tryptophan and potassium may be especially good for sleep and paired with a complex carbohydrate may be even more effective. Try some sliced bananas on whole-wheat toast.

A cup of chamomile tea will help you to relax and de-stress. Chamomile is a flower, so it's not really tea. Real tea contains caffeine, so you want to avoid that. Just a small cup of herbal tea will do the trick.

Don't drink too much before bed or you'll be up during the night to go to the bathroom and that can interfere with your natural sleep cycle.

Avoid spicy or fatty foods before bedtime. Spices are stimulating and can keep you awake. They may also cause heartburn and interfere with sleep. Fatty foods take longer to digest and will keep your body stimulated when you want it to be relaxed.

Viva la vino! According to researchers, a glass of wine can help you feel drowsy. The scientific explanation is that wine helps you relax by lowering your heart rate and blood pressure. Just be sure to stick to only one glass before bedtime.



#### Catching Z's Just got Easier

1. Establish a consistent sleep/wake pattern by getting up at the same time each morning, regardless of when you went to bed.
2. Don't watch TV in bed, it can leave your mind racing.
3. Reading before bed is relaxing and can induce drowsiness.
4. Get 30 minutes of daily exercise, but not too late in the evening.
5. If you can't sleep, don't fight it. Get up and read in another room until you feel drowsy.

#### Bedtime Chuckles!

Did you hear about the pregnant bedbug? She gave birth in the spring!



What do you call two bed bugs when one is always on top of the other? "Bunk bed bugs."

What do you get if you cross an Insomniac, an agnostic, and a dyslexic? Someone who stays up all night wondering if there is a Dog!

#### Did you know...

One third of our life is spent sleeping. Everybody dreams. EVERYBODY!...Just because you do not remember a dream does not mean that you did not dream.

We dream, on average, one to two hours every night.

Déjà vu in dreams occurs more often in females than males. If you are snoring then you cannot be dreaming.



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