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WellnessWatch



Welcome to **WellnessWatch** -- The Starr Group's monthly digest featuring articles to keep **YOU** current with latest **#health** and **#wellness** trends and fitness buzz. *Be well!*



Topic of the Month: **SLEEPING WELL**

What does "Sleeping Well" mean? Sleeping well means getting enough sleep. How much sleep is enough varies among people. The number of hours you sleep is not as important as how you feel when you wake up. If you do not feel refreshed, you probably need more sleep.¹

A new StudyFinds survey found that Americans are now averaging less than 6 hours of sleep per night.³ Sleeping 60 to 90 minutes more per night can make you happier and healthier. ⁴

Several underlying variables can disrupt sleep including stress, illness, sleep position, and a poor quality mattress. There are healthy steps you can take toward good sleeping habits.



Did you know?



- **37.9%** of people reported unintentionally falling asleep during the day or at work in the last 30 days. [Medscape]

- 9 Million Americans take prescription drugs to help them fall asleep. [NBC News] Those using sleep pills have a 35% higher chance of developing cancer. [BMJ Journals] The frequency of sleep med use is associated with higher mortality rate. [National Center for Biotechnology Information]
- Spring mattresses are still the most popular bed (32%) followed by memory foam mattresses (22%) while latex beds are at only 2%. [Statista] Smart Mattress market size annual growth is 8.51% and was worth **\$92 million** in 2017.
- CPAP devices market is valued at \$4.3 billion and growing 7.2% a year. [Market Research]
- Lack of sleep costs the United States over **\$411 billion** annually. [Fortune Magazine]
- 54.1% of adults prefer to sleep in the fetal position while 37.5% sleep on their back, even though it's the healthiest position. [Nature and Science of Sleep]





DREAMING OF A GOOD NIGHT'S SLEEP

Sleep is your body's way of revitalizing itself. We've all suffered from insomnia on occasion. Insomnia can result from lack of sleep or a deficiency in nutrition. There are natural and wholistic remedies you can try to alleviate the need for sleep meds or devices.

Acupressure has been around for thousands of years, but experts only recently started to evaluate its effectiveness as a medical treatment. While most of the existing studies about acupressure and sleep are small, their results are promising. If you're looking for a natural remedy to improve your sleep, try doing self-acupressure 15 minutes before going to bed.²

If you have insomnia that lasts for more than a few weeks, make an appointment with your doctor. You may have an underlying condition that needs treatment.



BEST FOODS FOR GETTING SLEEP AND WORST MIDNIGHT SNACKS

Eating a large meal before bedtime will keep you awake, because your body is focusing on digesting, not slumber. Additionally, food fuels the body. Consuming a large number of calories before bedtime will cause weight gain because the body will not effectively burn them off laying still for the next 6 to 7 hours.

So which foods help promote sleep?⁵ Fresh foods that are naturally rich in Tryptophan, Magnesium, Calcium, Vitamin B6, and Melatonin are recommended. For a complete list of ideal sleep foods, check out the [FOOD FOR SLEEP](#) blog.

The words foods to consume at any time of day are those that contain caffeine, spicy foods, alcohol, foods high in fat, and high protein foods. Eating foods that have a high water content like watermelon and celery sticks will cause sleep loss from waking up for bathroom breaks.

Here are 5 surprising foods⁶ to avoid before bedtime:

- Raw Veggies - difficult for your body to breakdown and your digestive system will be working overtime while you sleep to get the job done.
- Cereal - many of our favourite breakfast cereals are unfortunately loaded with added sugars that can have a negative impact on your sleep patterns due to its effect on blood glucose levels. When blood glucose levels fluctuate it can drag you out of deep sleep, causing you to feel drowsy and disorientated the next day.
- Dark Chocolate - While raw chocolate made using cacao might be rich in nutrients, it also contains caffeine. In fact as the percentage of cacao increases, so too does the caffeine intake.
- Dried Fruits - while dried fruit is high in dietary fibre, it also contains significant amounts of natural sugar, fructose, and too much fibre can easily upset your digestive system.
- Yogurts - most pre-packaged yogurts have refined sugars and sweeteners. The right type of yoghurt isn't a bad option as yoghurt does contain tryptophan, an amino acid that's important for the production of melatonin. Plain yogurt or Greek yogurt might be a better option.



Learn More!

1) Learning about sleeping well

<https://myhealth.alberta.ca/Health/aftercareinformation/pages/conditions.aspx?hwid=abk7485>

2) Acupressure to Treat Insomnia <https://www.healthline.com/health/pressure-points-for-sleep#wind-pool>

3) Sleep Statistics <https://www.kusi.com/studyfinds-that-americans-are-now-averaging-less-than-6-hours-of-sleep-per-night/>

4) 54 Shocking Sleep Stats and Trends for 2021 <https://www.sleepadvisor.org/sleep-statistics/>

5) Best and Worst Foods for Getting Sleep <https://www.alaskasleep.com/blog/foods-for-sleep-list-best-worst-foods-getting-sleep-0>

6) 6 Surprising Foods to Avoid Before Bedtime <https://www.avogel.co.uk/health/sleep/6-surprising-foods-to-avoid-before-bedtime/>



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