

Health Awareness

A County Health Pool Publication



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Sleep Awareness

People aren't as aware of the importance of sleep as they should be. In fact, the Centers for Disease Control and Prevention (CDC) recently released a report that says that more than a third of Americans get fewer than seven hours of sleep a night. This might not seem like such a frightening statistic, but the long-term effects of sleep deprivation include severe health risks like diabetes and heart disease. The National Sleep Foundation recommends 7 to 10 hours of sleep a night for adults. This report suggests that those who get less sleep are more likely to doze off during the day, even while driving.

It's hard enough to make sure we



get at least seven hours of sleep every night, but it's even more difficult to make sure those hours are good, quality sleep.

Sleep Disorder and Insomnia

Take a look at some of the questions that the CDC asked:

- During the past 30 days, for about how many days have you felt you did not get enough rest or sleep?
- During the past 30 days, for about how many days did you find yourself unintentionally falling asleep during the day?
- During the past 30 days, have you ever nodded off or fallen asleep, even just for a brief moment, while driving?

Are you surprised by your answers? You shouldn't be. In the CDC report, 35% of the adults studied reported getting less than seven hours of sleep per night!

This sleep deprived situation isn't going to be helped by the start of daylight saving time on Sunday, March 10th. The time change in the spring is always more difficult than in the fall since we spring forward and end up losing an hour of our day — and since that time change officially happens at 2 AM on Sunday morning, the hour we lose is an hour of sleep.

National Sleep Awareness Week happens during the month of March and coincides with the start of daylight saving time.



(Over)

Sleep Awareness (Continued)

Here are some tips to help you be more aware of the loss of that valuable hour of sleep and better adjust to it:

- Starting about 4-5 days before the change, stick to this schedule: On Tuesday and Wednesday, get in bed 15 minutes earlier than your normal bedtime. On Thursday and Friday, 30 minutes earlier than normal, and on Saturday night, try to get into bed 45 minutes earlier than your normal bedtime.
- Beginning on the Tuesday before the time change, stop drinking caffeine at 1:30 in the afternoon to help with the earlier bedtime.
- Avoid alcohol during the weekend of the time change.

- Keep up your exercise during the week for better sleep quality.
- Make sure you get sunlight in the morning the day of the time change to help reset your body clock.

Be aware of your bedtime routine as the clock springs forward — otherwise you might fall back asleep at the wrong time.

Will a Gadget Help You Sleep?

For most people, a quiet room is essential to a good night's sleep. But getting that peace and quiet isn't always easy. Here are some gadgets that might help:

White Noise Machines and Apps.

Whether it's the sounds of rain,

the crackle of thunder, or the pounding of horse's hooves, white noise can help you tune out the sounds that can disrupt sleep.

Music.

Playing music that relaxes you may promote better sleep. Studies have found that music can improve sleep in elderly adults, and young adults.

Ear Plugs.

They're cheap and easy, and they actually work. Silicone earplugs are often better at blocking noise than the usual foam ones.



Benefits Corner

Anthem Home Delivery Program

If you take prescribed medicine on a regular basis, you can get up to a 90-day supply mailed right to your door through the **Anthem Home Delivery Program**. If you have questions about how to get started with the Home Delivery Pharmacy, give them a call at 866-292-1011, Monday through Friday, 8:30 a.m. to 8:00 p.m., ET. To find out the flat dollar co-pay for the prescription drug that you would like to receive through the Home Delivery Program, you can download a CHP Benefit Summary at www.ctsi.org or contact Anthem Customer Service at 1-866-698-0087.