

health awareness



A COUNTY HEALTH POOL PUBLICATION

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THE IMPORTANCE OF SLEEP

Every March, the National Sleep Foundation sponsors Sleep Awareness Week to educate people on the importance of getting enough sleep. Adults should get 7 to 9 hours of sleep each night for optimum health and function; however, millions of Americans get far less than that, leading to a chronic sleep debt, which is the cumulative effect of not getting enough sleep.

Why Sleep Matters

While we sleep, our body heals and repairs itself, so not getting enough sleep can raise the risk of some chronic

health problems like heart disease, high blood pressure, diabetes, and stroke. Obesity is also related to sleep deficiency because our bodies need sleep to help regulate the hormones that make us feel hungry or full. Lack of sleep increases ghrelin, a hormone that causes hunger. Sleep also plays a vital role in helping our immune systems function properly. People suffering from sleep deprivation are more likely to get sick. Getting enough sleep plays an essential role in overall physical health.

Sleep also plays an important

role in our cognitive abilities. Lack of sleep hinders thinking, slows reaction times, impairs our ability to learn, and even affects our personalities. The brain forms new pathways that help us learn and remember information while we sleep. Sleep deprivation affects judgment, such as our ability to judge how well we function on insufficient sleep. A study of people getting six to seven hours of sleep per night found that the participants felt that they had adapted to sleep deprivation over time; however, when asked to complete tests on alertness and performance, their results declined the lon-

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ger they were sleep-deprived. People suffering from sleep deprivation reach a point where they can no longer judge how impaired they are.

Tips for a Good Night's Sleep

Sleep is an important component of overall health; however, some people have insomnia or other sleep disorders that make it difficult to fall or stay asleep.

One method to help you fall asleep is to go into another room and do something relaxing until you feel tired. It is best to take work materials, computers, and televisions out of the sleeping environment. Use your bed primarily for sleep to strengthen the association between bed and sleep. If you associate a particular activity or item with anxiety about sleeping, omit it

from your bedtime routine. If you're still having trouble sleeping, don't hesitate to speak with your doctor or find a sleep professional. You may also benefit from recording your sleep in a Sleep Diary to evaluate better common patterns or issues you may see with your sleep or sleeping habits. [CTSI](#)

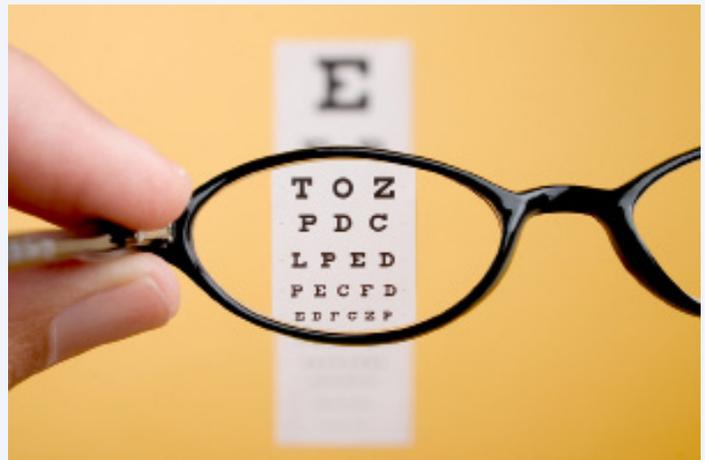
Benefits Corner

CHP Vision Plan Benefits

Your vision benefits are provided through VSP. Enrolling on their website www.vsp.com allows you to view your plan benefits, download claims forms for out-of-network providers, and search for an in-network provider. You may also download and print a wallet-sized member ID card that explains how to use your benefits and provides a space to write down your doctor's contact information.

VSP provides the following benefits:

- WellVision Exam - \$15 copay (once every 12 months)
- \$150 frame allowance (once every 24 months)
- \$170 allowance featured frame brands (once every 24 months)
- \$80 frame allowance at Costco (once every 24 months)
- 20% savings on the amount you pay over your allowance
- Contact lenses (instead of glasses) \$150 allowance (once every 12 months)
- Contact lens exam (fitting and evaluation) covered up to \$60 (once every 12 months)



For a more complete list of coverage, view the CHP Vision Benefit Summary on ctsi.org. The VSP network also offers member-only savings and an online eyewear store. Please note that you do not need a member ID card to see an eye doctor, and claim forms are not needed for in-network providers.

As always, CTSI staff is here to assist you with your health, dental, vision, or life insurance coverage. You can reach us at 303 861 0507.