



GUTHRIE

HealthWorks WellLetter

HealthWorks Wellness and Fitness Center

Spring 2016

Snooze your way to better health

<http://www.startribune.com/snooze-your-way-to-better-health/366201711/>

Sleeping in on weekends need not be a guilty pleasure.

New research suggests that catching up on sleep after several nights of missed Zs may help counter the risk of developing diabetes linked to sleep deprivation. A small study published this month in the journal *Diabetes Care* found that two nights of recovery sleep reversed the ill effects of short-term sleep debt.

University of Chicago scientists studied the blood sugar levels of 19 healthy young men who had skimmed on sleep for four nights. Their diabetes risk increased by 16 percent after getting 4.3 hours of sleep each night. But later, they slept for 9.7 hours each night for two nights in a row. After the extra winks, blood tests confirmed their levels were normal again.

Diabetes remains a serious health problem, with nearly 1 in 10 Americans affected by the chronic disease, according to the Centers for Disease Control and Prevention. Multiple studies have shown that lack of sleep worsens diabetes for those who already have it, and increases the risk of developing it in healthy people.

The University of Chicago study does not prove that sleeping in all the time on weekends will be enough to make up for chronic sleep deprivation, the researchers noted. But it does indicate that a little extra sleep after a few off-nights can go a long way to restoring the body's ability to regulate blood sugars.

Resetting Your Internal Clock

Get up and go to bed at the same time each day

Avoid stimulants like caffeine (coffee, tea, chocolate) and nicotine

Avoid large meals and beverages late at night

Stop using lighted screens (TV, cell phone, computer) 1 hour before bed—they stimulate the brain

Relax before bed; try taking a hot bath or shower

Avoid alcohol, which can keep you from getting into the deeper stages of sleep

Improve your sleep environment—use shades, blinds, soft sheets, etc.

Get at least 30 minutes of natural sunlight daily

Don't nap after 3:00 PM

Avoid medications that disrupt sleep, if possible

Don't lie in bed awake for more than 30 minutes – get up and do something else

Exercise regularly but no later than 2-3 hours before bed





HealthWorks Wellness &
Fitness Center

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March is National
Nutrition Month and the
22nd is Diabetes Alert Day.
This is a great time to
improve your
nutritional health!

Nutrition Services at HealthWorks

Our experienced Registered Dietitian Nutritionists will identify the best food choices for you, and assist you in finding simple ways to incorporate healthy eating habits into your lifestyle.

Individual nutrition counseling is effective in helping the following:

- ◇ High cholesterol
- ◇ Overweight and obesity
- ◇ High blood pressure
- ◇ Food allergies
- ◇ Kidney disease
- ◇ Sports performance
- ◇ Pre-diabetes & Diabetes
- ◇ Polycystic ovarian syndrome (PCOS)
- ◇ Crohn's disease/ulcerative colitis and irritable bowel syndrome (IBS)
- ◇ Underweight
- ◇ Eating disorders (anorexia, bulimia, binge eating disorder)

Please call 607-937-5555 to schedule an appointment.

Legs Up the Wall Pose

If you're having trouble sleeping and need to relax, try this yoga pose!

Directions:

- 1) Sit sideways as close to a wall as possible.
- 2) Lean onto your side farthest from the wall and swing your legs up so that your heels are supported against the wall. Wiggle yourself as close to the wall as possible, if able, but if you feel any discomfort in your lower back, adjust your body back slightly from the wall.

3) Keep legs about hip width apart—whatever feels comfortable.

4) Your head, back and arms will rest on the floor. Relax there for about 5 minutes.

5) When you're ready to come out of the pose bend your knees and drop them to one side. Gently push yourself upright.

