

NEWSLETTER



HOW MUCH REST DO YOU REALLY NEED?

Getting sufficient amounts of restful sleep is essential for good health. According to the [Sleep Foundation](#)¹, most adults need between 7 and 9 hours of sleep each day, though this can vary greatly from person to person depending on factors like physical activity, muscle mass, and chronic health conditions.

It has been estimated that as many as one-third of [Americans](#)² and [Canadians](#)³ get less than 7 hours of sleep each night, a level that has been linked to an increased risk for diabetes, cancer, and accidents. Similarly, the [Institute of Medicine estimates](#)⁴ that 50 to 70 million Americans are plagued with chronic sleep disorders, which can alter immune function and metabolism.



Here are some signs that you may not be getting enough sleep:

You cannot think clearly. Problem solving and critical thinking activities are significantly muted when you are sleep deprived.

You doze off or feel tired throughout the day. Excessive sleepiness during waking hours is another indicator that you could be sleep deficient.

You are irritable. Irritability and increased vulnerability to stress could also indicate that you need more rest.

You have gained weight. While there are many factors that contribute to weight gain, a significant amount of research points to sleep insufficiency as being a big one. Hormone levels that regulate hunger and fullness shift during states of sleeplessness, and that can hinder your ability to regulate your appetite and your weight.

If you are not getting enough sleep, consider starting a sleep journal to see if you can identify any patterns that might be contributing to your sleeplessness. Then, if you still struggle to get enough rest, talk with your doctor to see what other treatment options are available.

1. <https://doi.org/10.5665/sleep.1846>

2. <https://www.sleepfoundation.org/how-sleep-works>

3. <https://pubmed.ncbi.nlm.nih.gov/28930365/>

4. <https://doi.org/10.5665/sleep.1846>



EVENING SELF-CARE RITUALS TO HELP YOU UNWIND

Unwinding after a full day is a challenge for many, but because experts recommend getting at least 7 hours of restful sleep each night, it is something that needs to be prioritized.

Here are some evening self-care rituals to help you unwind:

Use essential oils. Aromatherapy has been shown to have a positive impact on mood. Certain essential oils⁵, like lavender, jasmine, chamomile, and valerian have been shown to have a sedative effect.

Adjust lighting. Lighting is heavily involved with your circadian rhythm and can have a direct impact on your sleep. For this reason, dimming the lights in the evening may help you relax and unwind.

Avoid caffeine. If you struggle with falling asleep, try reducing your caffeine consumption during the day. Limit your intake to the morning hours and see how it affects your sleep patterns.

Set a bedtime alarm. Use your alarm as a reminder to begin easing into a more restful state. You can set your alarm for tasks such as turning off the TV, tucking in your digital devices for the evening, or reading a book.



Upgrade your bedding. Assess the condition of your mattress and pillow. If neither have been replaced for an extended period of time, you may want to consider upgrading them

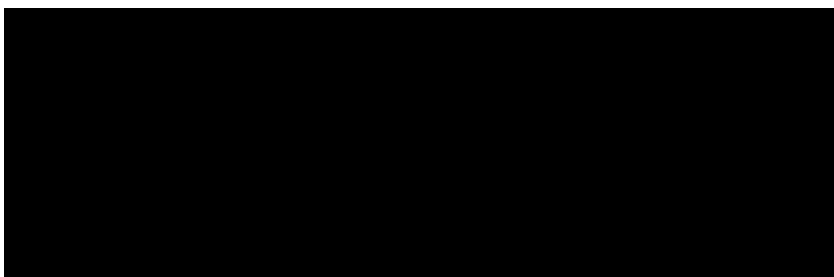
Adjust the temperature. It has been suggested that the ideal temperature for sleep is 65 degrees Fahrenheit. Of course, this is highly variable from person to person, and it may require some experimenting to find the temperature that is right for you.⁶

Seek expert guidance. If you have tried a number of different self-care strategies and you still struggle to get good sleep, seek guidance from your healthcare team to explore other treatment options.

5. <https://doi.org/10.1089/acm.2013.0311>

6. <https://www.sleepfoundation.org/bedroom-environment/best-temperature-for-sleep>

Creating evening self-care rituals can help you stay aligned with your natural circadian rhythms, so you can get better sleep.





SLEEP APNEA: RISKS & SIGNS

A 2019 [study](#)⁷ estimated that at least 730 million people suffer with sleep apnea globally. According to the Cleveland Clinic, sleep apnea is diagnosed “when you stop breathing for 10 seconds or longer — at least five times an hour — during sleep.

Sleep apnea is a treatable condition. However, if left untreated it can pose significant health risks, including sudden cardiac death. For that reason, it is important to take risk factors seriously.

Risk Factors for Sleep Apnea

Weight. While not perfect, the body mass index (BMI) is a quick way to assess your weight. Being overweight, defined as a BMI between 25-29.9, is linked to an increased risk for sleep apnea.

Smoking. Smoking is associated with increased pulmonary inflammation, which also increases the risk of developing sleep apnea.

Neck Circumference. A wide neck circumference, often accompanied by excess body weight, has been linked to a higher incidence of sleep apnea.

Comorbidities. Sleep apnea is common in the presence of other health conditions, such as congestive heart failure, hypertension, diabetes, polycystic ovarian syndrome (PCOS), and asthma.

Male. Men have a higher incidence of sleep apnea than women, and there have also been an increased number of cases reported in individuals undergoing female-to-male gender [reassignment](#).⁹



Signs of Sleep Apnea

Snoring loudly. Loud snoring is one of the most common signs of sleep apnea, and sleepless partners are often the first to detect it.

Gasping or choking during sleep. While gasping during sleep is also tied to other medical conditions, such as acid reflux and post-nasal drip, it is also a common sign of [sleep apnea](#).⁸

Morning headaches. Prolonged bouts of oxygen deprivation can cause headaches, especially in the morning.

7. [https://doi.org/10.1016/S2213-2600\(19\)30198-5](https://doi.org/10.1016/S2213-2600(19)30198-5)

8. <https://aasm.org/rising-prevalence-of-sleep-apnea-in-u-s-threatens-public-health/>

9. <https://doi.org/10.5664/jcsm.8010>



Chamomile Tea

Sleepy Bites

INGREDIENTS

- 1/2 cup dates, pitted
- 1/2 cup dried tart cherries
- 1/2 cup walnut halves
- 1/2 cup instant rolled oats
- 1 tablespoon honey
- 1 tablespoon chamomile tea leaves
- 1/3 cup almond butter

INSTRUCTIONS

1. Add dates, cherries, walnuts, chamomile tea and oats to a food processor.
2. Process ingredients for 3-5 minutes until the mixture is completely blended into a medium-sized crumb.
3. Transfer to a mixing bowl and add honey and almond butter. Mix until almond butter and honey are evenly distributed.
4. Form into 12-15 bites, slightly smaller than a golf ball.
5. Enjoy now or place in the fridge. Energy bites will last up to 2 weeks in the refrigerator.

Total Time (Cook and Prep):

30 minutes

Servings: 24



NUTRITION INFO

(per serving)

97 calories

3.5 g total fat

6 mg sodium

16.8 g carbohydrates

1.6 g protein

Source: Navigate Wellbeing Solutions Recipe Library



ARE YOU READY TO LIVEHEALTHY?

LiveHealthy at UH Brunner Sanden Deitrick Wellness Center is a medically based fitness center staffed with exercise specialists, personal trainers and other friendly, helpful health professionals.

OUR MEMBERS ENJOY ACCESS TO:

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- Fitness equipment and free weights
- Multipurpose gym space
- Indoor track
- Group exercise classes including yoga, Zumba®, cycling, intervals, strength and aquatic classes
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- Youth fitness area
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Resource Advisor is here with help for life's issues



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Resource Advisor is a member assistance program that's included with your life and/or disability benefit. It provides resources and services to support you and your household family members when you may need it.

Counseling by phone, face-to-face, or LiveHealth Online video chat

If you're feeling stressed, worried, or going through a tough time, you may want someone to talk to. You and your household family members can call Resource Advisor anytime, 24/7, and talk with a licensed counselor:

- **By phone:** Call 1-888-209-7840.
- **In-person:** You can call to set up face-to-face sessions and then schedule appointments directly with your counselor.
- **Video visit:** You can talk with a counselor from the convenience of your home or wherever you have internet access and privacy using LiveHealth Online. To set up a LiveHealth Online visit, call Resource Advisor. You will receive details about how to schedule a visit, along with a coupon code that gives you LiveHealth Online visits at no extra cost to you.

You can review a therapist's background and qualifications to help choose one who is available and right for you.

You and your family members are eligible for up to three counselor visits for each issue or concern, at no extra cost.

Counselors can help with:

- Stress
- Parenting
- Anxiety
- Depression
- Issues that affect your well-being
- Dealing with illness
- Relationship or family issues
- Help finding child care
- Elder care issues and resources

Support when you need it

Contact Resource Advisor:

- Phone: 1-888-209-7840
- Online: www.ResourceAdvisor.Anthem.com
(Log in with program name AnthemResourceAdvisor.)

Helpful resources you can count on

Financial planning

Call Resource Advisor to set up one-on-one financial counseling with a certified professional financial planner. They can help with issues like retirement planning and saving for a child's education.

Legal services

With a call to Resource Advisor, you can schedule a consultation with an attorney over the phone at no charge. If you want to meet with an attorney in person, the legal consultant can set up an appointment at a discounted fee.

Identity theft recovery and monitoring

Resource Advisor has fraud resolution specialists who can help if your identity is stolen. They can work with creditors, collection agencies, law firms, and credit reporting agencies for you for up to one year. You can sign up for ID monitoring, receive credit report reviews, and place fraud alerts on credit reports no matter how many times your identity is compromised.

Call 1-888-209-7840 for financial, legal, and identity theft recovery and monitoring services.

Online tools to help with life's issues

The Resource Advisor website has tools to help with life's challenges, such as:

- Creating a will
- Parenting
- Aging
- Healthy living
- Household support
- Referrals
- Funeral planning

To access resources, visit www.ResourceAdvisor.Anthem.com and use the program name "AnthemResourceAdvisor."

**We're here to help with concerns
— no matter how big or small**

Call 1-888-209-7840 or visit
www.ResourceAdvisor.Anthem.com to receive
support and guidance, whenever you may need it.

1. The range of preventive care services covered at no cost share when provided by plan doctors is designed to meet state and federal requirements. The Department of Health and Human Services decided which services to include for full coverage based on U.S. Preventive Services Task Force A and B recommendations, the Advisory Committee on Immunization Practices (ACIP) of the Centers for Disease Control and Prevention (CDC), and certain guidelines for infants, children, adolescents, and women supported by Health Resources and Services Administration (HRSA) Guidelines. You may have additional coverage under your insurance policy. To learn more about what your plan covers, see your Certificate of Coverage or call the Member Services number on your ID card.

2. Prescriptions determined to be a "controlled substance" (as defined by the Controlled Substances Act under federal law) cannot be prescribed using LiveHealth Online. Psychiatrists on LiveHealth Online will not offer counseling or talk therapy.

3. LiveHealth Online appointments are subject to availability. Online counseling is not appropriate for all kinds of problems. If you are in crisis or having suicidal thoughts, it's important that you seek help immediately. Please call 800-273-6255 (National Suicide Prevention Lifeline) or 911 for help. If your issue is an emergency, call 911 or go to your nearest emergency room. LiveHealth Online does not offer emergency services.

LiveHealth Online is the trade name of Health Management Corporation, a separate company, providing telehealth services on behalf of Anthem Blue Cross and Blue Shield.

Note about eligibility: This program is for active employees and their household family members. All benefits end at retirement.

Resource Advisor services are not a part of the certificate, policy or trust agreement and do not modify any insured benefits. Resource Advisor additional services are provided based on negotiated agreements between the insurance company and certain service providers. Although the insurance company endeavors to make these services available to all policyholders and certificateholders as described, modifications to our agreements with service providers may require that services be periodically modified or terminated. Such modification or termination of services may be made based on cost to the insurer, availability of services, or other business reasons at the discretion of the insurer or service providers.

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