

FEBRUARY 1, 2018

# BLUE SKY FHT NEWSLETTER

## FOCUS ON SLEEP

### Health Impact of Chronic Poor Sleep

**Obesity** - Poor sleep can disrupt the hormones that help regulate appetite and fullness leading to more eating. Tiredness throughout the day can lead to less physical activity.

**Diabetes** - Poor sleep can affect how the body processes carbohydrates, increasing the risk of diabetes and making it harder to control blood sugars.



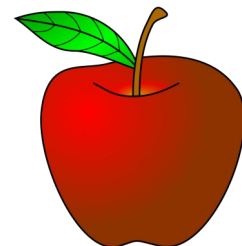
**Heart Disease and Hypertension** - Poor sleep can increase blood pressure if people who already have issues with blood pressure. High blood pressure is a risk factor for heart disease.



**Mood Disorders** - Chronic poor sleep has been correlated with depression, anxiety, and mental distress. How moody are you when you haven't slept well for one night?

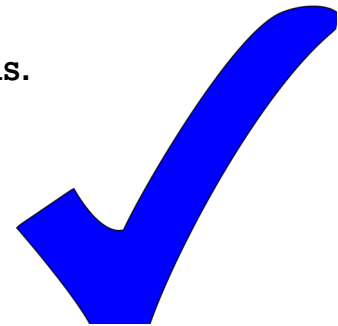
**Reference:** <http://healthysleep.med.harvard.edu/healthy/matters/consequences/sleep-and-disease-risk>

**Diet can also help to improve the above conditions. Ask for a referral to see the Registered Dietitians.**



## Tips to Improve your Sleep

1. Avoid caffeine, alcohol, nicotine, and other chemicals that interfere with sleep.
2. Turn your bedroom into a sleep-inducing environment.
3. Establish a soothing pre-sleep routine.
4. Go to sleep when you are truly tired.
5. Don't be a nighttime clock-watcher.
6. Use light to your advantage.
7. Keep your internal clock set with a consistent sleep schedule.
8. Nap early or not at all.
9. Lighten up on evening meals.
10. Balance fluid intake.
11. Exercise early.



**Reference: <http://healthysleep.med.harvard.edu/healthy/getting/overcoming/tips>**

**Talk to your family doctor if you are having trouble sleeping most of the time. A referral to a specialist can help.**