



LIVE WELL @WORK Newsletter

UC San Diego | Center for
SCHOOL OF MEDICINE | Community Health

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FEATURE

Better Sleep = Better You

Sleep habits are essential when it comes to personal health. It is not just about getting the recommended 7-8 hours of sleep a night, regular good quality rest is also important. Getting excellent sleep positively improves mental and physical health. Sleeping better produces a better you!

Here are a couple of ways from the National Sleep Foundation to practice better sleeping habits:

- Wind down: To shift into sleep mode, spend the last hour before bed doing a relaxing activity such as reading.
- Stick to a sleep schedule: Have the same bedtime and wake up time, even on the weekends. Sleep schedules help to regulate your body's clock and could help you fall asleep and stay asleep for the night.

HARVEST OF THE MONTH

Oranges & Avocados

After chocolate and vanilla, orange is the world's favorite flavor! A half cup of orange sections provides an excellent source of vitamin C.

Almost half of American households purchase avocados. A half cup of sliced avocados is an excellent source of fiber and healthy fat.



SWAP OUT → SWAP IN

Elevator → Stairs

Taking the stairs requires more energy, but it is more beneficial to your health than using an escalator or elevator. By opting for stairs, you can make a commute you would already be doing into exercise. This low-intensity workout can lower blood pressure, improve blood sugar, cholesterol metabolism, and improve bone health. Also, by choosing the stairs you start a new healthy habit, which promotes your mental health. Not only does walking the stairs improve your mental and physical health, but it can also improve your quality of sleep. Mayo Clinic reports that exercise reduces stress and anxiety, and generally improves sleep. Getting regular physical activity, like taking the stairs during work, can help you fall asleep faster, get better sleep, and deepen your sleep.

