

Plan for Health: May 2022



This month's highlights include **Better Sleep Month**, **Time to Sleep Well Wellness Coaching Program**, and **Sharecare's featured Challenge**.

Better Sleep Month

Sleep is your body and mind's opportunity to recharge. Research has shown that the amount and quality of sleep can impact not only your physical health, but mental health as well. According to the CDC, it's recommended that adults get at least 7 hours of sleep per night.

Consequences of poor sleep:

- Irritability
- Easily distracted
- Exhaustion
- Making poor decisions
- May lead to weight gain, diabetes, high blood pressure, heart disease, depression, cancer, stroke, or bone loss
- Can impair memory, alertness, learning, judgement, reasoning, concentration, and problem solving

Ways to Improve Your Sleep:

- **Power Down Your Brain** – Worries or thoughts that wander through your mind can keep you up at night. Meditation before bed and clearing your mind can help you sleep better at night. Keeping things relating to work or other stressors out of your bedroom can also help.
- **Scheduling Sleep** – Scheduling a regular bedtime can help your body fall asleep more naturally. Setting up a routine and creating a “before bedtime” ritual can help signal your body that it's time for bed. Also, try avoiding distractions like social media and TV.
- **Mattress** – Check the condition of your mattress. Mattresses that have lumps and bumps, are visibly worn, or past their life span can affect the quality of your sleep.
- **Exercise** – Physical activity through-out your day can help you fall asleep more easily at night.
- **Bedroom atmosphere** – Make your bedroom a welcoming place to sleep at night. Keeping your bedroom cool, dark, quiet, and comfortable can help you sleep better.

Did You Know?

- Most Americans believe that mattresses last about 10 years, when in reality, the life span of a mattress ranges from 5 to 7 years.
- Trying to catch up on sleep over the weekend? Reality is you can't bank sleep or make up for lost sleep. It's best to plan to get 7-8 hours each night.
- Many think that because alcohol makes you sleepy that it's good to drink before bed. Alcohol is metabolized through the night and is essentially more likely to disturb sleep.

Featured Wellness Coaching Program: Time to Sleep Well

During the Time to Sleep Well program, you'll work closely with a personal coach to set realistic goals and try new techniques to help you get a good night's sleep. Getting good sleep helps to improve your memory and problem-solving skills, lower your risk for high blood pressure, stroke, and type 2 diabetes, and complement the efforts you make during the day to lose weight.

Learn strategies and techniques including:

- Identifying areas for improvement
- Understanding your sleep patterns
- Eating better, exercising, and coping with stress
- Creating a better sleep environment
- Managing sleep disruptions from travel and shift work

Connect with a coach by calling **1-800-650-8442**, or the number on the back of your medical ID card. You can also visit your member website to learn more.

Sharecare Featured Challenge

May Plan for Health Challenge:

Join the **Take Care for Mental Health Awareness Month** Challenge this May. Track for 21 days taking a self-care action throughout May to complete the challenge! Join the challenge by clicking **Achieve → Challenges → Take Care for Mental Health Awareness Month beginning on 4/24**.

Plan Ahead: Join us next month for June's health topic: **Blue365 Discounts, and Fitness Your Way by Tivity Health**