

# MARCH NEWS

## 2022

Empowering you with information for your emotional and physical wellbeing

## Sleep Awareness Month

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*Over 35% of adults do not get the recommended amount of sleep.*

Getting enough sleep is essential for health and wellbeing. Not getting enough sleep puts your physical and mental health at risk—possibly severe risk. And yet, so many of us struggle to sleep.

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## Quick Tips for Better Sleep



### Temperature has a big impact on good sleep

Studies and polls have found that temperature is one of the most important factors in sleep quality. Try adjusting to a cooler temp for better sleep.



### Find a nightly relaxation exercise

Relaxation exercises help you bring out your body's relaxation response, which helps you fall asleep. Research relaxation exercises and pick one you like.



### Keep to a set schedule morning and night

A consistent sleep pattern is associated with better health and better sleep. Go to sleep at the same time each night and wake up at the same time each morning.



### Increase your daytime physical activity

Moderate to high energy exercise can increase your sleep quality and reduce the time it takes you to fall asleep. Put a little extra step in your day for better sleep at night.



### Cut out or cut down your alcohol consumption

Alcohol disrupts a lot of your body's processes related to sleep including melatonin production and rapid eye movement. Limit your alcohol for better quality sleep.



### READ MORE SLEEP TIPS

We've written out more ways that you can improve your habits to get more sleep and for longer. Check out our recent sleep blog.

<https://link.uprisehealth.com/sleep>

## QUICK SLEEP FACTS

### STRESS ISSUES

44% of adults say they had a sleepless night during the past month because of stress.

### DREAMING OF MONEY

Higher earners report getting the best sleep at night.

### WEIGHT GAIN CONNECTION

Adults who sleep fewer than 7 hours per night have a 41% higher risk of obesity.

### THINK FAST

Good sleep has been shown to improve memory and problem-solving skills.

### DEPRESSION + SLEEP

An estimated 90% of people with depression have sleep quality issues.

### VITAL TO YOUR HEART

Insomnia is linked to high blood pressure and heart disease. Better sleep correlates to better heart health.



## Embracing Change

### YOUR WORKPLACE AND HOME LIFE ARE STILL CHANGING... HOW DO YOU ROLL WITH IT?

We are still facing a lot of change in the workplace and at home because of the COVID-19 pandemic and everything it has impacted.

- » Workplaces are changing their time off policies, return to work plans, and hiring practices due to labor shortages.
- » Families need extra childcare because of COVID exposures, sickness, and class cancellations.
- » Social planning is still up in the air as people decide what activities and gatherings they're willing to attend.

According to one poll, 41% of people said their biggest concern over the past year has been about missing time with friends and family. Many people are worried about losing touch with people they no longer see regularly.

Although case numbers are lowering dramatically and more places are opening up, people should still prepare for continued change. Here are a few ways that you can embrace change and improve your health and wellbeing during unstable times:

**Focus on your sleep:** Sleep and relaxation are big themes for the month and that's because they're important! A good night's sleep is a key way to keep your mood stable and your stress low. You're more likely to succeed at your tasks and enjoy greater well-being if you're well rested.

**Stay connected:** Everybody's risk tolerance is different, and you might not be ready to go to large gatherings with strangers. But it's crucial that you have a plan for keeping in touch with the people who are most important to you. Walk outdoors with friends, play with your extended family at the park, connect for a virtual game night. Figure out what works for you and stick with it.

**Expect and accept change:** Things will continue to change, and if you're expecting change then you are more prepared emotionally when it does. When you experience a shift at home or work try to focus on what you can create because of this change. Looking for opportunities can give you a sense of control during the instability.

*For more information and tips, read our recent blog on embracing change:*

<https://link.uprisehealth.com/change>



### RELAXATION PRACTICES TO RESEARCH



Aromatherapy



Deep Breathing



Calming Music



Guided Imagery



Hydrotherapy



Progressive Muscle Relaxation

## Resources & Events



### *This Month's Personal Advantage Webinar*

#### **Riding the Waves of Change**

Change in life is inevitable. While we can't always control what happens, we can control how we choose to respond to it. What we tell ourselves about change will have a large impact on our feelings and behaviors. During this webinar, we'll demonstrate techniques for successfully navigating change and using it as an opportunity for learning and growth.

*The monthly webinars with Personal Advantage are available on the 1st day of each month and past topics are available for viewing at any time. To view the webinars, log into [claremonteap.com](http://claremonteap.com), select Personal Advantage (sign in required if it is your first time) and click "Webinars". Certificates of Completion are available by setting up a personal login and password within the Personal Advantage site.*

#### **Sleep Awareness Week**

*March 13-19, 2022*

Show your support for Sleep Awareness Week sponsored by the National Sleep Foundation (NSF) that promotes community awareness and support resources. Learn more about the benefits of optimal sleep and how sleep affects health, well-being, and safety. [www.thenf.org](http://www.thenf.org)

#### **Product Spotlight: Legal Services**

*Avoiding Tax Filing Fraud*

As we enter another tax season, thieves are prepared yet again to file false tax returns, collect fraudulent tax refunds, and make it extremely difficult for employees to file their 2021 taxes. Visit [Claremonteap.com](http://Claremonteap.com), under the Employee & Families dropdown, select "Legal Services" for an overview of the services we offer. You can also call Claremont to schedule an appointment with a legal consultant to discuss your tax filing needs.