



The  
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Making Great Companies  
Better Places to Work

# Work & Wellbeing

March 2017



MARCH **Health  
Observances**

[National Nutrition Month](#)

[National Colorectal  
Cancer Awareness](#)

[National Sleep Awareness  
Week \(March 2-9\)](#)

[Brain Awareness Week  
\(March 13-19\)](#)

[Problem Gambling  
Awareness Month](#)

## How to Catch More and Better ZZZZs



While the amount of sleep we need varies from one individual to the next, the [National Sleep Foundation](#) recently updated its recommendations for people of all ages. The average adult needs from 7-9 hours per night, while adults 65 and older typically need 7-8 hours per night. People who sleep the recommended seven hours a night tend to be healthier and live longer. Those who sleep less than seven hours can experience a range of health problems including obesity, heart disease, depression and impaired immune function.

While genetics and personal habits greatly influence the amount of sleep you need, the quality of your sleep is equally important. Cultivating healthy sleep habits can help you improve your sleep.



- Follow the same bedtime routine every night.
- Go to bed and wake up at the same time every day, even on weekends.
- Do aerobic exercise at least 3-4 times a week.
- Avoid consuming caffeine for at least 6 hours before bedtime.
- Dim the lights 1 hour before you go to bed.
- Reduce your blue light exposure – which makes it difficult to fall asleep – by turning off TV, cell phone, laptop and other devices at least 30 minutes before bedtime.
- Use your bed for just two activities: sleep and intimacy.
- Keep your bedroom dark and quiet during sleeping hours. You may even want to turn the clock away from you.

If you have healthy sleep habits and are getting the recommended amount of sleep per night but still feeling tired, you may be suffering from a sleep disorder. Talk to your doctor, who may recommend a sleep study that can help get to the root of the problem.

### Health Tip

Approximately **20%** of all car accidents are linked to sleepy drivers.

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## March: National Nutrition Month



March is National Nutrition Month®, an ideal time to look at how we can eat well – especially when we eat out. To help find your healthy eating style this month, the Academy of Nutrition and Dietetics encourages everyone to “Put Your Best Fork Forward” when dining out. The Academy suggests you plan ahead, consider the menu, and choose foods carefully. Here are some additional strategies for smart eating.

- If you plan to have dinner out, eat lighter meals earlier in the day.
- Balance your restaurant meal by choosing healthier items like lean protein foods, non-starchy vegetables and fruits.
- Request healthy side dishes like salads and steamed or roasted vegetables as substitutions for mashed potatoes or fries.
- Control portions by asking for a to-go box. Eat half your meal at the restaurant and take the other half home for a second meal.

For more information, recipes, videos and educational resources to use in your workplace, check out the [Academy of Nutrition and Dietetics website](http://www.eatright.org).



## Know the Signs: Problem Gambling

Most adults gamble or know someone who gambles. Problem gambling— or gambling addiction—includes all gambling behavior patterns that compromise, disrupt or damage personal, family or vocational pursuits.

Gambling addiction can be especially prevalent in communities where casinos are the primary attraction.

According to experts at the National Council on Problem Gambling (NCPG), many people with gambling addiction suffer in silence because they don't know what gambling addiction is, why they developed a problem, or where to get help.

In extreme cases, problem gambling can result in financial ruin, legal problems, loss of career and family, or even suicide. For additional resources, visit [ncpgambling.org](http://ncpgambling.org).



**Whether you have concerns about yourself or someone you care for, know the signs:**

- **Increasing preoccupation with gambling**
- **A need to bet more money more frequently**
- **Restlessness or irritability when attempting to stop**
- **“Chasing” losses**
- **Loss of control manifested by continuation of the gambling behavior despite mounting, serious, negative consequences.**