



FROM: Human Resources
DATE: May 29, 2009
SUBJECT: Health Promotion and Wellness Newsletter

Please look for the May edition of the Top Health Newsletter. This will be the last edition of the Top Health Newsletter. If you are an Office Assistant receiving multiple copies of Top Health Newsletter, please place the copies throughout your building where you feel it will be convenient for employees to read the newsletter. Supervisors receiving a copy, please let your staff know where you will post the newsletter.

Aim for Better Rest Did you know that more than one-third Americans say sleepiness interferes with their daily activities? Fact is, getting quality sleep has the biggest impact on your energy level every day. Aim for more energy by making good sleep a daily priority—most experts agree that seven to eight hours is best. Most sleep disorders, such as sleep apnea, insomnia and restless legs syndrome, can be treated with help from your health provider. **Are you sleeping well?**

Check your comfort. Keep your room dark and slightly cool. Sleep in light, comfortable clothing under covers that aren't too warm.

Relax before bedtime. Engage in calming activities (light reading, soothing music, a warm bath). And don't go to bed worried. Resolve to find a solution to a problem after you have rested.

Avoid stimulants, and limit food and beverages just before bedtime. Caffeine, nicotine and alcohol all work against good sleep. Also, keep liquids to a minimum and avoid heavy foods. If you're really hungry, eat some toast.

Stick to regular sleep and wake times. Your body likes routine. Get up and go to sleep close to the same times every day, even on days off.

Weight Control Quick Tip: No time for exercise? A few minutes of moderate daily exercise actually boosts energy and helps you sleep, so you can fight fatigue and do more with your time. Forget "energy" drinks; hop on you exercise machine or take a walk.

Years of Service
Thank you for your years of Service to WSC!

Chad Smith 10 years

If you have any questions or comments, please give us a call at 375-7403.
Enjoy.