



BalanceHealth[®] Newsletter

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Sleep for your Health

There are now multiple studies that have come to light describing the many benefits of getting a good night's rest. According to the National Sleep Foundation, the average woman gets 6 hours and 40 minutes of sleep a night, that is almost an hour less than the 7 and a half hours recommended for healthy woman.

You may have experienced some of the consequences of not getting a good night's sleep and new evidence shows that sleep is indeed essential to helping maintain mood, memory, and cognitive performance. You may not know, however, that sleep also plays an important role in the normal function of the endocrine and immune systems. Studies are even showing a growing link between sleep duration and a variety of serious health problems, including obesity, diabetes, hypertension, and depression.

Sleep for your waist line

During sleep your body releases growth hormone, this hormone is responsible for breaking down fat for fuel. When you deprive yourself of sleep you do not make as much of this hormone, this

leads to your body storing it as opposed to breaking it down and storing it where you tend to put on weight.

Sleep to manage your appetite

When you lose sleep your body produces up to 28 % more Ghrelin during the day, this is the hormone that spurs your appetite and makes you hungry. At the same time you experience a drop in Leptin, this is the hormone that tells you that you are full and should stop eating.

Sleep for Energy

When you get the right amount of sleep you simply feel less tired! This may lead to the energy you need to begin an exercise program or help you to kick the plan that you already have going up a notch that will only lead to increased calorie burn and weight loss!

Sleep to ward off Diabetes

Sleep deprivation leads to an increase in insulin resistance, meaning your ability to remove sugar from your blood stream, this explains why those that sleep less have a higher risk of diabetes.



For more information or advice about sleep, contact your Wellness Coordinator by calling

1.800.327.2255

eni's BalanceHealth[®] program is a confidential service provided by your employer to help you achieve and maintain a healthy lifestyle.



How much is enough?

How much rest do YOU need to get regularly? The right amount of sleep for any one person is as unique as they are. Try to experiment on your own to figure out how much you need. A good measure of getting the proper amount of sleep is being able to wake up without your alarm.

Try going to bed 15 minutes earlier every few nights until you wake up refreshed on your own.

Tips to develop a sound sleep routine...

1. Go to bed and wake up at the same time every day. No need to discourage the fun on the weekends, the key is to get the right number of hours of rest, if you go to bed late, try to sleep in or make it up the next night! There is such a thing as sleep debt and just like any other type of debt- it can be difficult to get out from under it so try to keep a good routine.

2. Start a bed time ritual- Give yourself about 45 minutes prior to bed time to get into a relaxing routine. Read a book, do some stretching, take a warm shower- doing this on a regular basis will help your body associate certain actions with relaxing. Try to avoid computer screens and blackberry's, the light of the screen lowers melatonin and stops you from feeling drowsy.

3. Watch Caffeine and Alcohol Intake-- Limit your intake of caffeine prior to 2:30 in the afternoon, sounds early- but it can have an effect! While alcohol intake may make you

sleepy, don't be fooled it keeps you from getting a deep and restorative sleep.

4. Take time to adjust—some of these changes may take time. If you are a night owl or just can't let go of your favorite late night show, take your time in making the needed adjustments slowly. Tape your favorite shows and shift your bedtime slowly so you can get used to it.

5. Create a sleep-conducive environment that is dark, quiet, comfortable and cool.

6. Sleep on a comfortable mattress and pillows.

7. Keep "sleep stealers" out of the bedroom – avoid watching TV, using a computer in bed

8. Finish eating at least 2-3 hours before your regular bedtime, allow your body time to digest, this will also go a long way toward achieving the healthy weight benefits associated with the proper amount of sleep.

9. Exercise regularly during the day or at least a few hours before bedtime- Exercise can help you get a better sleep, but working out too close to bed time may not give you enough time to relax and let the adrenaline flow abate.

10. Make sleep a Priority- no amount of evidence and helpful suggestions can make you get more sleep, it needs to be a conscious decision to alter your routine and frame of mind to make this positive change a part of your life.

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