

# HEALTH & WELLNEWS

## WELLNESS NEWSLETTER

**At a Glance...** 

- ☛ To Dream the Impossible Sleep
- ☛ 100 Ways to Live to 100

### TO DREAM THE IMPOSSIBLE SLEEP

**"There is a time for many words, and there is also a time for sleep."**  
- Homer (800 BC - 700 BC), The Odyssey

**D**id you know that approximately one third of our lives are spent asleep? Sleep plays a primary role in both our physical and mental health. Researchers have linked sleep-related illnesses to hypertension, stroke, congestive heart failure, depression and an overall decreased quality of life.



There are two basic types of sleep, Rapid Eye Movement (REM) and Non-REM (NREM). Additionally, between these two types there are five stages of sleep which we move into and out of nightly. The length of time spent in each of these stages can vary greatly depending on age, health and sleep hygiene.

NREM sleep contributes to **physical rest** and may bolster the immune system. The 4 stages of NREM sleep are:

**Stage 1 (Light Sleep):**

A transitional stage between waking and sleeping, usually lasting 5 or 10 minutes. Breathing becomes slow and regular, the heart rate decreases, and the eyes exhibit slow rolling movements.

**Stage 2 (True Sleep):**

A deeper stage of sleep where fragmented thoughts and images pass through the mind. Eye movements usually disappear, muscles relax, and there is very little body movement.

**Stage 3 (Deep Sleep):**

A further deepening of sleep with additional slowing of heart and breathing rates.

**Stage 4 (Deep Sleep):**

This is the deepest stage of sleep, in which arousal is the most difficult. Typically, sleep walking and bed-wetting occur in this stage.

Researchers often group NREM stages 3 and 4 together, calling them **delta sleep**.

The fifth stage, or REM sleep contributes to **psychological rest** and long-term emotional well-being. It may also bolster memory.

**Stage 5 (REM Stage or Dream Sleep):**

A dramatic decrease in muscle tone and an essential paralysis characterize this stage of sleep. Other characteristics include irregular breathing, increased heart rate, and rapid eye movements. The brain's oxygen consumption increases, and temperature regulatory mechanisms are absent. In this stage, people experience vivid, active dreams with complex symbols.

As we age our sleep patterns change (refer to the table shown below). The amount of time we spend in the different types of sleep alters. It would appear that the older we get, the less physical and psychological rest we receive from sleep.

**Sweet Dreams**



**"People who say they sleep like a baby usually don't have one."**  
Leo J. Burke

**I**mplementing a few simple sleep practices may help maximize the restorative powers of a good night's sleep. Try the following tips to improve your personal sleep hygiene and achieve the dream of waking up both physically and mentally rested.

- ☐ Your bedroom should be the 'relax room'. Make sure your mattress provides proper body support and keep the temperature level cool. Your body temperature rises while you sleep, and research has shown that a room temperature above 24 degrees Celsius can interfere with sleep. *continued...*

**SLEEP PATTERNS**

Type of Sleep	% Sleep for Infant	% Sleep for Young Child	% Sleep for Young Adult	% Sleep for Elderly Adult
Stage 1	<5%	<5%	<5%	8-15%
Stage 2	25 - 30%	40 - 45%	45-55%	70-80%
Delta Sleep	20%	25 - 30%	13-23%	0-5%
REM Sleep	50%	25 - 30%	20-25%	20%

- Create and keep up a routine. Wake up at the same time every day. If you feel you need more sleep, go to bed earlier versus sleeping later.
- Spend a minimum of 15 minutes relaxing before going to bed. Try a warm bath, light reading, or listening to quiet music. Books or television programs that are likely to upset or excite should be avoided.
- Avoid exercise in the two to four hour period before going to bed. Strenuous physical activity at night will prevent your body from relaxing into restful sleep.
- Abstain from alcohol, drugs, caffeine, and nicotine in the four to six hour period before going to bed. Nasal decongestants are notorious for interfering with sleep.
- Take 15 minutes early in the evening to think about what may be causing you worry rather than dwelling on your concerns



once you are in bed. Take a piece of paper and write down what is troubling you on the left side. On the right side, write a list of potential solutions or a plan of action. If you can unburden your mind before bed, you will stand a greater chance of waking feeling rested and refreshed.

- Have a mug of warm milk and a high carbohydrate snack. Both milk and carbohydrates increase the production of serotonin, our body's natural sleep-inducing hormone.

Researchers are still mystified by the exact way in which sleep renews our minds and bodies. However, they all agree that sleep plays a vital role in our health and well-being. Most Canadians acknowledge that their ability to concentrate and cope with stress is severely compromised when they have not had enough sleep. In spite of recognizing the outcome of sleep deficiency, most of us will sacrifice sleep in order to get more done. Perhaps we need to ask ourselves not why we need sleep, but why we choose not to get it.

Source: www.resmed.com

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## ONE HUNDRED WAYS TO LIVE TO 100



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|----------------------------------|--|---|--|
| 1. Enjoy yourself.               | 29. Laugh often.                                   | 56. Take medicine as prescribed.  | 78. Keep in touch with family.             |
| 2. Stay young at heart.          | 30. <b>Be positive.</b>                            | 57. <b>Challenge yourself.</b>  | 79. Bake a pie.                            |
| 3. Be honest and open.           | 31. Give, don't take.                              | 58. Count your blessings.   | 80. Eat plenty of fish.                    |
| 4. Look for rainbows.            | 32. Marry your sweetheart.                         | 59. Indulge yourself.   | 81. Get plenty of fresh air.               |
| 5. <b>Walk to work.</b>          | 33. Celebrate your marriage.                       | 60. "Carpe diem" (Seize the day).   | 82. Be yourself.                           |
| 6. <b>Take the stairs.</b>       | 34. Enjoy being single.                            | 61. <b>Take setbacks in stride.</b>   | 83. Swim.                                  |
| 7. Keep your curiosity.          | 35. <b>Relax.</b>                                  | 62. If you had a heart attack or stroke and stopped taking your medication, speak to your doctor. | 84. Make time for your grandchildren.      |
| 8. Stop smoking.                 | 36. Eat your greens.                               | 63. Cuddle.   | 85. <b>Control your temper.</b>            |
| 9. Listen to your body.          | 37. Lawn bowl.                                     | 64. Use olive oil.  | 86. Share.                                 |
| 10. Watch what you eat.          | 38. Do nothing in excess.                          | 65. Eat your brussels sprouts.  | 87. Take nothing for granted.              |
| 11. Watch what you say.          | 39. Do everything in excess.                       | 66. Lighten up.   | 88. Ask your doctor about new medications. |
| 12. Make time for your children. | 40. Chicken noodle soup.                           | 67. <b>Choose a career you love.</b>  | 89. Power walk at the mall.                |
| 13. Don't rest on your laurels.  | 41. Practice what you preach.                      | 68. Be active in your community.  | 90. <b>Don't procrastinate.</b>            |
| 14. Drink lots of water.         | 42. Look before you leap.                          | 69. Read the paper every day.   | 91. <b>Accept what you cannot change.</b>  |
| 15. <b>Have faith in others.</b> | 43. Make time for your friends.                    | 70. Sit up straight.  | 92. Don't drink and drive.                 |
| 16. Walk in the park.            | 44. Reduce the amount of cholesterol in your diet. | 71. <b>Keep your mind active.</b>   | 93. <b>Create solutions not problems.</b>  |
| 17. Forgive.                     | 45. Early to bed, early to rise.                   | 72. Travel.   | 94. Be sociable.                           |
| 18. Be an optimist.              | 46. Don't mope.                                    | 73. Soak in the tub.  | 95. Feed the birds.                        |
| 19. Make love.                   | 47. <b>Try new things.</b>                         | 74. Don't be jealous.   | 96. Pamper yourself once a day.            |
| 20. Cross-country ski.           | 48. Skinny dip.                                    | 75. Eat an apple a day.   | 97. Go fishing.                            |
| 21. Discover romance.            | 49. Write to a friend.                             | 76. Be generous with hugs.  | 98. Smile.                                 |
| 22. Exercise regularly.          | 50. Play tennis.                                   | 77. Make time for your partner.   | 99. Smell the flowers.                     |
| 23. Do Tai Chi.                  | 51. Commune with nature.                           |   | 100. Listen to your doctor.                |
| 24. Try Yoga.                    | 52. Sing in the car.                               |   |  |
| 25. Plant a garden.              | 53. Write a poem.                                  |   |  |
| 26. Eat plenty of fruit.         | 54. <b>Whistle while you work.</b>                 |   |  |
| 27. Golf.                        | 55. Read a book.                                   |   |  |

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