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Wellness Wednesday

Read This If You Wake Up During The Night And Can't Fall Back Asleep

It's frustrating when you collapse into bed at night, only to conk out for a few hours before suddenly finding yourself wide awake and staring at your ceiling. (Or, even worse, listening to your partner snooze away on the other side of the bed.)

The phenomenon is hardly uncommon. A study published in the *Journal of Psychiatric Research* found that 35 percent of the general population deals with middle-of-the-night insomnia at least three nights a week, and 23 percent wake up at least once every night.

Curious how to halt the issue and get the zzzs you deserve? Below, sleep experts share why you might be waking up at night and some ways to stop it:



THE PROBLEM: YOU BRING STRESS INTO THE SHEETS.

Even if you don't actively feel stressed when it's time to sleep, underlying stress may be the reason you're waking up unprompted in the middle of the night. To help with this, work on making your bedroom into a sleep sanctuary, said Rebecca Robbins, a postdoctoral fellow at the NYU School of Medicine. This doesn't mean you have to shell out a ton of cash on pricey décor, but you should make sure your bedroom is a place that promotes quiet, calm and darkness. This might mean swapping shades for room-darkening blinds, or investing in a weighted blanket if you think it would be helpful to decompress at night (there's little scientific evidence on the effectiveness of these, but many find them comforting regardless).

One thing to investigate is your mattress. A 2009 study published in the *Journal of Chiropractic Medicine* found that an old mattress can increase stress levels, as back pain and the poor sleep associated with it is linked to increased levels of cortisol (the hormone responsible for stress) in the body. The Better Sleep Council, an advertising collaborative of mattress manufacturers, recommends replacing your mattress every seven years. An easy test for your pillow is to fold it in half, says the National Sleep Foundation, a sleep research and education nonprofit partly funded by sleep-industry companies. If it stays that way, it's time for new ones.

As for a racing mind that's keeping you awake? If it's been more than 20 or 30 minutes, get out of bed and go to a different room. Otherwise, your brain will start to associate your mattress with being awake, according to Steve Orma, a clinical psychologist and author of *Stop Worrying and Go to Sleep: How to Put Insomnia to Bed for Good*. You can also try writing down what's worrying you as a way to dump out what's floating around in your brain.

THE PROBLEM: THERE'S TOO MUCH NOISE OR MOVEMENT.

The stage of sleep you're in — whether it's the rapid eye movement phase (a deep level of sleep) or one of the non-rapid eye movement periods (which can be a lighter stage of sleep) — will determine how easily you wake up to sound in your bedroom. Noises like snoring, a loud radiator, or traffic are all sounds that likely won't affect you during REM sleep, but they can wake you up as you transition through the lighter NREM sleep stages, said Nate Watson, a scientific advisory board member at SleepScore Labs and former president of the American Academy of Sleep Medicine.

When noise awakens you, there are a few things you can do to get back to sleep. Watson recommended a white noise machine, as consistent ambient noise will prevent spontaneous sounds such as snoring, coughing or old creaky pipes from stirring you awake. (A 2005 study published in *Sleep Medicine* corroborates this suggestion. It found when patients in an intensive care unit used a white noise machine, sleep disruptions caused by high-peak noises were reduced.) If you sleep with a partner who tends to toss and turn, Watson said having separate mattresses side-by-side instead of one mattress can help prevent disturbances from too much movement. If you go this route, you can buy a foam mattress connector that will keep the bed together, still looking and essentially functioning as one bed.

THE PROBLEM: YOU'RE DRINKING TOO MUCH BEFORE BED.

This includes both alcoholic and non-alcoholic drinks. A study published in *Alcoholism: Clinical & Experimental Research* found that while drinking booze before bed may cause some to fall asleep easier, it can lead to sleep disruptions later in the night, causing you to wake up and have difficulty getting back to sleep.

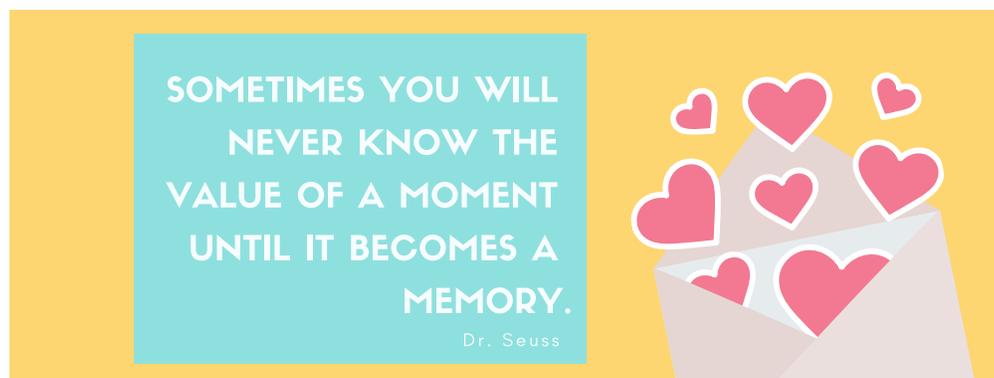
If you enjoy a glass of wine before bed, keep it to just that, Robbins said. And keep in mind that a standard serving of wine is four ounces, which may be much less than you typically pour yourself. As for fluids in general, try to cut them off 90 minutes before bed. It'll help minimize your chances of waking up in the middle of the night to go to the bathroom, Robbins added.

THE PROBLEM: YOU MAY HAVE AN UNDERLYING HEALTH ISSUE.

Generally, it's OK if you have occasional sleep disruption. "Everybody has a bad night's sleep every now and then," Watson said. "This is normal and doesn't require treatment." Watson said over-the-counter remedies are fine for these instances, such as products with the ingredient diphenhydramine HCL, like ZzzQuil, or melatonin. Just make sure to monitor how frequently you're using these. If you lean on them too often, you might have an underlying issue you need to get checked.

"When use of sleep aids becomes regular, it suggests a sleep disorder is present and you should see a health care provider to get to the root cause of the problem," Watson said. Talk to your doctor to rule out a condition like obstructive sleep apnea, restless leg syndrome or even something as simple as nighttime heartburn, Watson said.

Article source: <http://bit.ly/2SEwZ03>



This Week's Exercise

Kettlebell Sumo Deadlift High Pulls



LET'S BEGIN!

- 1. HOLD THE KETTLEBELL WHILE STANDING WITH YOUR LEGS WIDE AND TOES TURNED OUT TO THE SIDE. LET THE KETTLEBELL HANG IN FRONT OF YOU.**
- 2. LOWER YOURSELF AS IF YOU WERE DOING A SUMO SQUAT, BUT KEEP YOUR UPPER BODY TALL. COME UP FROM THE SQUAT IN AN EXPLOSIVE UPRIGHT ROW, BRINGING YOUR ELBOWS OUT AT SHOULDER HEIGHT.**
- 3. DO THIS IN A FLUID MOTION ALWAYS REMEMBERING TO KEEP YOUR ABS TIGHT AND YOUR UPPER BODY TALL.**

Source: <http://bit.ly/2SHIDrg>

Regular exercise can help you control your weight, reduce your risk of heart disease, and strengthen your bones and muscles. But if it's been awhile since you've exercised and you have health issues or concerns, it's a good idea to talk to your doctor before starting a new exercise routine.

BUFFALO CHICKEN EGG ROLLS



Ingredients

2 (16 ounces total) boneless skinless chicken breasts
2 ounces 1/3 less fat cream cheese, softened
1/2 cup Franks hot sauce (or whichever hot sauce you like)
1/2 cup crumbled blue cheese
1/3 cup shredded carrots, chopped
1/3 cup chopped scallions
16 egg roll wrappers
olive oil spray

Directions

1. Place chicken in the slow cooker and add enough water or chicken broth to cover. Cook high 4 hours. Remove and shred with two forks, discard the liquid.
2. To make in the Instant Pot, add at least 1 cup broth or water, enough to cover the chicken. Cook on high pressure 15 minutes, natural release. Discard liquid and shred with two forks.
3. Meanwhile, combine the cream cheese and hot sauce together until smooth. Add the chicken, blue cheese, carrots and scallions and mix well, makes 3 cups.
4. One at a time, place egg roll wrapper on a clean surface, points facing top and bottom like a diamond.
5. Spoon 3 tablespoons of the buffalo dip mixture onto the bottom third of the wrapper.
6. Dip your finger in a small bowl of water and run it along the edges of the wrapper. Lift the point nearest you and wrap it around the filling.
7. Fold the left and right corners in toward the center and continue to roll into a tight cylinder.
8. Set aside and repeat with remaining wrappers and filling.
9. Spray all sides of the egg rolls with oil using your fingers to evenly coat.

Nutrition Information

Yield: 8 servings
Serving Size: 2 egg rolls

Amount Per Serving:
Freestyle Points: 4
Points +: 6
Calories: 231.5
Total Fat: 6g
Saturated Fat: 3g
Cholesterol: 24.5mg
Sodium: 1020mg
Carbohydrates: 24.5g
Fiber: 1g
Sugar: 1.5g
Protein: 20g

For oven and air-fryer methods, visit the recipe [here](#).

Recipe source:
<http://bit.ly/2SF2zLi>