

August 2022

## Good Sleep for Good Health

Sometimes, the pace of modern life barely gives you time to stop and rest. It can make getting a good night's sleep on a regular basis seem like a dream.

But sleep is as important for good health as diet and exercise. Good sleep improves your brain performance, mood, and health.

### Getting a Better Night's Sleep

- **Stick to a sleep schedule.** Go to bed and wake up at the same time every day, even on the weekends.
- **Get some exercise every day.** But not close to bedtime.
- **Go outside.** Try to get natural sunlight for at least 30 minutes every day.
- **Avoid nicotine and caffeine.** Both are stimulants that keep you awake. Caffeine can take 6–8 hours to wear off completely.
- **Don't take naps after mid-afternoon.** And keep them short.
- **Avoid alcohol and large meals before bedtime.** Both can prevent deep, restorative sleep.
- **Limit electronics before bed.** Try reading a book, listening to soothing music, or another relaxing activity instead.
- **Create a good sleeping environment.** Keep the temperature cool if possible. Get rid of sound and light distractions. Make it dark. Silence your cell phone.
- **Don't lie in bed awake.** If you can't fall asleep after 20 minutes, get up and do a relaxing activity until you feel sleepy again.
- **See your health care provider if nothing you try helps.** They can determine if you need further testing. They can also help you learn new ways to manage stress.



## PET SAFETY

Many pet owners are unsure of what to do if they're faced with an emergency situation with their pet. Here are five steps you can take to keep your pets safe during and after an emergency:

**Have a plan** – include what you would do if you are not home or cannot get to your pet when disaster strikes. You never want to leave a pet behind in an emergency because they, most likely, cannot fend for themselves or may end up getting lost.

**Make a kit** – stock up on food and water. It is crucial that your pet has enough water in an emergency.

**I.C.E** – No, not the frozen kind – it stands for “In Case of Emergency.” If your pet gets lost or runs away during an emergency, have information with you that will help find them, including recent photos and behavioral characteristics or traits.

**Make sure vaccinations are up to date** – If your pet needs to stay at a shelter, you will need to have important documents about vaccinations or medications. Make sure their vaccinations are up to date, so you don't have any issues if you have to leave your pet in a safe place.

**Have a safe haven** – Just like people, pets will become stressed when their safety is at risk. Whether you are waiting out a storm or evacuating to a different area, be sure to bring their favorite toys, always have a leash and collar on hand for their safety and pack a comfortable bed or cage for proper security. If your pet is prone to anxiety, there are stress-relieving products like a dog anxiety vest or natural stress-relieving medications and sprays that can help comfort them in times of emergency. Ask your veterinarian what would be best for your pet.

# National Health Observances:

Each month, we feature select National Health Observances that highlight important health issues affecting people every day.

Our August roundup helps raise awareness about:

- **Summer Sun Safety Month** is observed as a reminder to [keep yourself safe and healthy in the sun](#) during the summer. Sunlight is essential for your body to produce vitamin D. But too much of it can cause harmful effects to your skin and eyes. Excessive exposure to ultraviolet (U.V.) light causes most skin cancers.
- **National Immunization Awareness Month**  
The Centers for Disease Control and Prevention (CDC) sponsors [National Immunization Awareness Month](#) in August to highlight the importance of vaccination for people of all ages.
- **National Breastfeeding Month**  
The United States Breastfeeding Committee celebrates [National Breastfeeding Month](#) each August. You can share our easy-to-understand [MyHealthfinder resource on breastfeeding](#) — along with [tips for eating healthy while breastfeeding](#).



## Mental Health Minute

### When You're Concerned About Someone's Mental Health

1. Express your concern and support
2. Remind your friend or family member that help is available and that mental health problems can be treated
3. Ask questions, listen to ideas, and be responsive when the topic of mental health problems come up
4. Reassure your friend or family member that you care about him or her
5. Offer to help your friend or family member with everyday tasks
6. Include your friend or family member in your plans—continue to invite him or her without being overbearing, even if your friend or family member resists your invitations
7. Find out if the person is getting the care that they need and want—if not, connect him or her to help
8. Educate other people so they understand the facts about mental health problems and do not discriminate
9. Treat people with mental health problems with respect, compassion, and empathy

LIVE MONTHLY WEBINAR:

### Techniques for Managing Your Stress

Date: 8/10/2022 | Time: 1:30 PM to 2:30 PM EST

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<https://register.gotowebinar.com/register/816652787362485260>



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