

Health & WELLNESS



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Here are three sleep myths -- *and* sleep facts -- you should wake up about:

1. "I can make up for sleep loss on the weekends." Many of us are accustomed to feeling tired and losing sleep during the workweek, only to indulge in long lie-ins on the weekend. But, unfortunately, sleep debt isn't so easily repaid. A new study revealed that patients who got only 6 hours or less of sleep during the week, but then crashed for 10 hours or more on both Saturday and Sunday, still showed strong signs of sleep deprivation -- especially men. And they didn't just feel groggy. They showed actual medical markers of lack of sleep -- like bodily inflammation.
2. "I'm probably okay with less sleep, because I don't feel sleepy." It's true that some lucky people are hardwired to need shockingly little sleep. But they are an extremely rare breed. Instead, most folks just misjudge the fact that they're feeling tired -- maybe even exhausted. A 2003 study of chronically sleep-deprived adults revealed some interesting sleep facts: most short-sleepers had significant cognitive deficits when compared with well-rested peers. But the sleepyheads didn't even realize it.
3. "The only drawback to a short sleep is I'm feeling tired." There's a lot of evidence that chronic sleeplessness hurts your physical, emotional, and mental well-being. In a recent symposium on new sleep research, doctors found lack of sleep was linked to higher risks of everything from obesity to depression. And it's not just adults who need their shut-eye. In children, sleep deprivation is linked to worsening ADHD symptoms.

Get the Sleep Facts

You can improve your sleep hygiene (that's a fancy term for sleep know-how) with simple little changes.

See [Here](#) How To Make Sleep Your Health Priority!

Spiritual Encouragement...

Gracious words
are a honeycomb
sweet to the soul
and healing to the
bones.

Proverbs 16:24

Cultivate Gratitude

Studies show that gratitude is the ultimate worry-buster, it's actually impossible for your psyche to feel grateful and stressed out at the same time.

So replace each anxious thought with the image of something you're grateful for and savor the ease it brings to your mind.



A GOOD REASON TO SKIP THE GYM

If you're still struggling to become a "gym person," maybe you should stop trying so hard.

A study suggests that working out at home can be just as effective as going to the gym when it comes to helping people lose weight and lower their risk of type 2 diabetes.

Location, location, location

In the study, researchers had middle-aged adults at risk for type 2 diabetes do a resistance-training workout for the better part of a year. Some were given gym programs while others were given simple, low-tech exercises they could do using household objects (like soup cans), elastic bands for resistance, and their own body weight (think push-ups). By the end of the study, participants in both groups lost about the same amount of weight. And the number of people with abnormally high blood sugar—a condition called impaired glucose tolerance -- dropped significantly in both groups.

Do your own thing

Whether you prefer the gym scene or like the privacy of your own home, the most important thing is to choose a workout you like. For home workouts, you can keep it simple with a few hand weights, some resistance bands, and a mat.

Turn your errands into exercise. [This article shows you how to get fit sitting in a chair, grabbing groceries, or waiting in line.](#)

9 Healthiest Things to Order at These Popular Fast-Food Restaurants

Starbucks: Protein boxes

Taco Bell: Crunchy Grilled Chicken Tacos

Chipotle: Vegetarian Burrito Bowl

Chick-fil-A: Grilled Chargrilled Chicken Nuggets

Boston Market: Rotisserie Chicken with Veggies

Kentucky Fried Chicken: Grilled Chicken with Veggies