



Wellness Newsletter

November 2016

Staying up late to watch the game? Late night out with friends? How does this lack of sleep affect the body?

We've all had nights where we could not sleep or chose to stay up late, resulting in sleep deprivation. A lack of sufficient sleep can have longer lasting results on the body than just feeling the need for extra coffee in the morning. Short term sleep deprivation can cause damage to the body and affect your daily living, but did you know that long term sleep deprivation can lead to chronic health problems, along with a decrease in quality of life? Rest is needed for the body to function properly, and regularly receiving an adequate amount of sleep can help you avoid accidents and long term health issues such as:

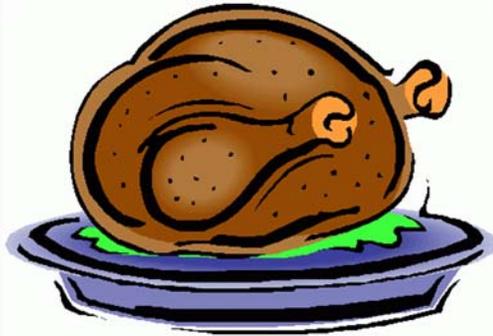
- Increased risk of accidental death
- Impaired brain activity
- Decreased cognitive function making it hard to concentrate and problem solve
- Increased moodiness, resulting in a quick jump to anger
- Memory problems
- Long term sleep deprivation can increase anxiety and symptoms of depression
- Increased risk of accidents due to grogginess and effect on balance and coordination
- Weakened immune response resulting in an increased risk of cold and flu
- Weight gain from eating more for energy to stay awake
- Increased risk of type 2 diabetes mellitus and hypertension

With all the negative effects of sleep deprivation, what can you do to get a good night's sleep? Try sticking to a sleep schedule. Going to bed at the same time can help you have a better night sleep by promoting a consistent sleep-wake cycle for the body. Feeling comfortable can help improve your sleep, so try not to go to bed hungry or overly full. Avoid nicotine, caffeine, and alcohol, all can affect how well you sleep along with your ability to fall asleep. Take the time to wind down before going to bed, your brain needs time to relax and stop focusing on the day's events. If you like to nap or need to rejuvenate during the day, limit your naps to 10 to 30 minutes in duration. Physical activity

throughout your day and as part of your daily routine will promote better sleep. Stress is always an influencer on a good night's sleep. Finding ways to manage your stress can help you avoid sleep deprivation but stress management is not easy, don't give up. Remember to talk to your doctor if you are having trouble sleeping regularly, there may be a medical reason for your lack of sleep.

Adapted from Healthline - Can't Sleep at Night? Written by Ann Pietrangelo, medically reviewed by George Krucik, MD, MBA, August 2014.

Mayo Clinic Healthy Lifestyle Adult Health; Sleep tips: 7 steps to better sleep, written by Sandhya Pruthi, M.D. and staff, June 2014.



Keeping food safe for the holidays

Holidays are a great time to share a meal with your family and friends. Food preparation usually starts prior to guest arrival and then continues throughout the event. This is that special time of year to

take a little extra preparation time and make our favorite recipes from scratch.

Remember to keep your food safe throughout the process. Here are a few tips to prevent the spread of foodborne illness...

- Always wash hands in warm water and soap for a minimum of 20 seconds before and after handling food
- Make sure to cook food to proper temperatures, use a thermometer to help confirm current temperature
- Wash utensils, cooking equipment, and work surfaces with hot water and soap before and after contact with food
- Keep food refrigerated until ready for use
- Fresh fruits and vegetables should be kept separate from raw meat, poultry, seafood, and eggs
- Never place cooked food on a plate that previously held raw meat, poultry, seafood, or eggs
- Multiple cutting boards are a necessity; one for fresh produce and one for raw meat, poultry, and seafood

Remember that the use of a food thermometer is helpful in avoiding foodborne illness. Cooking foods to proper temperatures will help keep your family healthy and happy throughout the holidays!

Safe Minimal Internal Temperatures Temperatures taken with a food thermometer	
Beef, pork, veal, and lamb – roasts, steaks, and chops	145° F with a three minute “rest time” after removing from heat source
Ground meats	160° F
Poultry – whole, parts, or ground	165° F
Eggs or egg dishes	160° F, cook eggs until both yolk and white are firm; scrambled eggs should not be runny
Leftovers	165° F
Finfish	145° F
Cooking temperature guidelines provided by the Partnership for Food Safety – FIGHTBAC.org	

Adapted from The U.S. Food and Drug Administration’s Fight BAC!® Partnership for Food Safety Education, updated November 10, 2016.

The time is now for employers to help improve the health of their most valuable resource – employees. With our expertise in healthcare, we at Savage and Associates can help you design and administer a worksite wellness program appropriate for your company’s size and budget. Helping employees have the tools to live a healthy lifestyle is imperative. Let Savage help you create a culture of wellness and prevention, promoting personal responsibility.

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