

May's Healthy Message is Aim for Better Rest.

Did you know that more than 1/3 of Americans say sleepiness interferes with their daily activities? The fact is getting quality sleep has the biggest impact on your energy level every day. Aim for more energy by making good sleep a daily priority; most experts agree that seven to eight hours is best.

Are you sleeping well?

- **Check your comfort.** Keep your room dark and slightly cool. Sleep in light comfortable clothing under covers that aren't too warm.
- **Relax before bedtime.** Engage in calming activities (light reading, soothing music, a warm bath). Don't go to bed worried. Resolve to find a solution to something that is bothering you after you have rested.
- **Avoid stimulants, and limit food and beverages just before bedtime.** Caffeine, nicotine and alcohol all work against good sleep. Also keep liquids to a minimum and avoid heavy foods. If you're really hungry, eat some toast.
- **Stick to regular sleep and wake times.** Your body likes routine. Go to sleep and get up close to the same times every day, even on days off.

Most sleep disorders, such as sleep apnea, insomnia and restless leg syndrome can be treated with help from your health care provider.

May's Healthy Recipe

Cup of Energy

1. Combine ½ cup of nonfat sour cream and 1 packet of sugar substitute
2. Blend in 1 cup crushed pineapple and a sliced banana
3. Top with 1 tsp raisins and 1 tsp sliced almonds

Enjoy as a snack or dessert.

2 (1-cup) servings, 270 calories each