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SLEEP AND NUTRITION

We know that sleep is important for our nutrition, but did you also know how your nutrition affects your sleep? There are many foods/drinks that can affect how we sleep at night including getting better sleep or disrupting sleep. On the next page we will go over what foods to eat and what foods to avoid before bedtime.

When our sleep is disrupted even for small amounts of time, our health can be affected. Lack of sleep increases hunger, increases our susceptibility to illnesses, disrupts our brain's emotional centers which control our mood and our ability to deal with stress.

So take control of your sleep with good habits and healthy nutrition so you can be your best self each morning!

Sleep is the golden chain that binds our health and body together.

-Thomas Dekker

- Embrace Your Path
 - Courses
 - Health Screening
- Calm App
- Donate Life

NUTRITION FOR BETTER SLEEP



Eating the right types of foods during the day for better sleep is truly important and we all know that eating lean proteins, fruits and veggies, along with whole grains gives us the best nutrition. But what types of snacks can help us get better sleep before bedtime:

1. Almonds-Vitamin B and Magnesium which can help promote better sleep.
2. Turkey-Tryptophan which increases production of melatonin.
3. Chamomile Tea-Apigenin, an antioxidant that binds to receptors in your brain that can promote sleepiness.
4. Kiwi-Serotonin, which helps regulate your sleep cycle.
5. Tart Cherry juice-Melatonin that may improve sleep quality.
6. Fatty fish (salmon, mackerel, tuna, trout)-Omega 3 fatty acids reduce inflammation in the body which can promote better sleep.
7. Walnuts-Melatonin to help promote sleep.

FOODS/DRINKS TO AVOID BEFORE BEDTIME

1. Alcohol-Interrupts the natural sleep cycle later on during the night, decreasing REM sleep
2. Caffeine-Disrupts the deeper stages of sleep which are most restorative to your body and brain.
3. Foods with high water content-Can increase your need to get up to use the bathroom.
4. Tyramine Rich foods (tomatoes, soy sauce, eggplant, red wine and aged cheese)- Amino acid causes brain to release stimulant.
5. Spicy foods-Can cause heartburn and indigestions
6. High fat foods-Cause acid reflux
7. Sugary snacks-Cause energy spikes and crashes

Last Saturday Health screening

Full Cholesterol
Glucose
Blood Pressure

Saturday, April 5th

8:00-9:30am

2400 Reach Rd
Williamsport

To register, click here:
[Saturday Health Screen](#)

If appointments fill up,
email me and I can fit
you in. We will also do
A1-C screenings on
Saturday if you want
one.



Embrace Your Path Upcoming Courses

Nutrition Basics 2.0

Have you ever wondered how to focus on your nutrition more wholly without counting a bunch of calories. This class will focus on your basal metabolic rate and where your macronutrients need to be to be healthy, full of energy and able to do the things you want to do. And of course I will have samples of foods for this class for you to try.

Thursday, March 13th, 6:00-6:00pm, 2400 Reach Rd, Williamsport

Click to Register: [Nutrition Basics 2.0](#)

Men's Health with Dr. Rockoff

This class is for men only. Dr. Rockoff will discuss many topics around men's health, including bladder and prostate health

Monday, May 12th 5:15-6:15pm, 2400 Reach Rd. Williamsport

Click to register: [Men's Health](#)

Skin Health with Dr. Lebenfinger

Dr. Lebenfinger will discuss topics on skin health, skin cancer, skin products, botox, lasers and cosmetic surgery. More information will be coming soon.

Wednesday, May 28th 5:15-6:15pm, 2400 Reach Rd, Williamsport.

Click to register: [Skin Health](#)



Deep Sleep with Calm

One essential part of a healthy lifestyle is ensuring consistent, quality sleep. That's why we're sharing Calm's resources to help you develop better sleep habits, enhancing your mood, productivity, and resilience during the workday.

Get started with these curated sleep resources from Calm:

- [Easy Tips for Better Sleep](#)
 - Understand your sleep type and boost your sleep quality with actionable tips from a renowned neuroscientist and sleep expert.
- [Soften into Sleep](#)
 - Release the tension in your body and get quality sleep tonight with this progressive muscle relaxation exercise.
- [The Nordland Night Train](#)
 - Drift off to a scenic dreamland as the narrator describes the natural scenery along the Nordland Railway in Norway.
- [Delta Waves for Deep Sleep](#)
 - Sleep deeper tonight by trying a dreamy ambient soundscape set at Delta frequencies.

Join an upcoming [Calm webinar](#) to learn how to personalize your app experience. Learn new mindfulness techniques or strategies with special monthly themed webinars.

Sign up for the free Premium Calm app by scanning the QR code:



Donate Life Campaign

On February 14th we kicked off a Donate Life Campaign at Penn College through their wellness committee and nursing students. Our goal is to get information out to people about organ donation in the hopes that they will register as an organ donor. Your single selfless act to register as an organ donor gives you the opportunity to save up to eight lives. You can also heal many more lives through tissue donation. On average, 17 people die each day in the United States because the need for organs far exceeds the current number of available life-saving gifts. The lack of available organs for transplant is an urgent public health issue. Why is it so critical to raise awareness of the importance of organ and tissue donation? Because lives literally depend upon it.

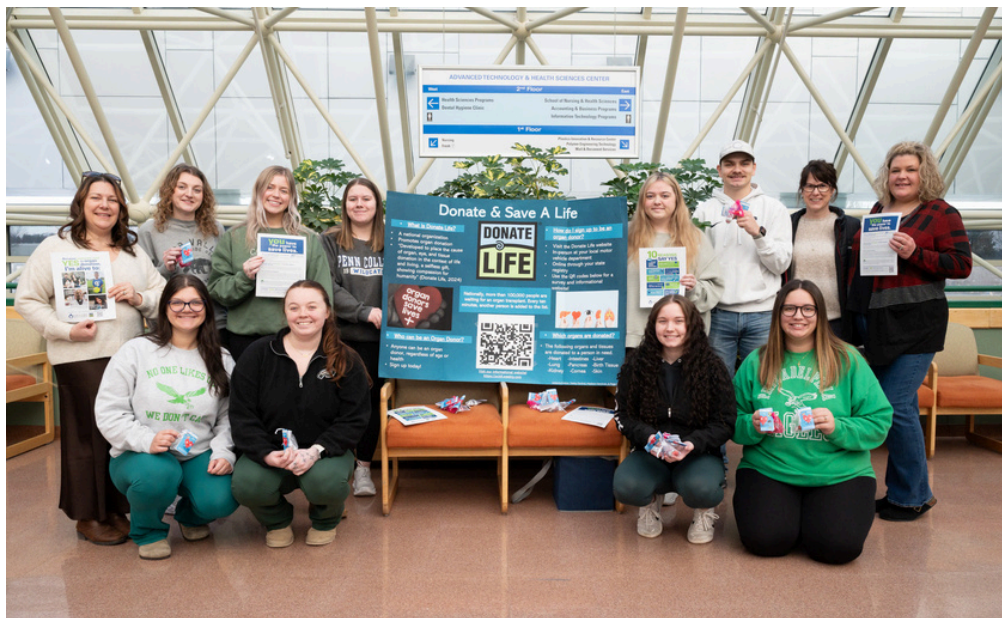
FAQ: If I am registered as an organ donor on my driver's license, do I need to register nationally?

For most states (including PA), they are two separate registries

- The National Donate Life Registry at [RegisterMe.org](https://www.registerme.org).
- Your state donor registry can be found by contacting your [Donate Life State Team](#). If you registered at your local DMV, your donor registration is in your state donor registry.

You can register in both, if you desire to do so. Your national registration will travel with you across state lines. Your state donor registry and the National Donate Life Registry will be checked online by donation professionals at the time of your death. The most recent donor registration is honored as your legal document of gift.

@donors1#OrganDonor #DonateLife #GiftofLife #DonorHero



10 REASONS to SAY YES

95%

of people
**support
organ
donation.**

Transplants give people a **second chance at life**, so they can work, travel, play sports, graduate, marry, have children, raise families and more.

Over **46,000 Americans** receive a **life-saving transplant** each year, but many more are waiting and 17 die each day



Diabetes and hypertension damage organs, **increasing** the need **in multicultural communities.**



Being a donor **does not affect** medical care or funeral arrangements.



If everyone registered, it is estimated that an additional **17,000 people** would receive a **life-saving transplant** each year.



One organ donor can **save up to 8 lives** and a tissue donor can **help about 100 others.**



Everyone can register, regardless of their age or health history.



Donation is **supported by all major religions** for its humanity, love and compassion.

What if you or a loved one needed a transplant ?

Register as an organ and tissue donor at donors1.org



GIFT of LIFE
DONOR PROGRAM

