

LIVE WELL WORK WELL



6 Tips to a Good Night's Sleep

1. Skip the Nightcap – alcohol actually impairs the quality of your sleep.
2. Turn off Screens – darkness actually helps trigger the brain to sleep. Try turning off TV and stop looking at your phone an hour before bedtime.
3. Skip the Late Night Snack – some foods will actually stimulate brain activity.
4. Smell some Lavender – Lavender lowers blood pressure, heart rate and skin temperature making you more relaxed and likely to fall asleep.
5. Drink Nut Milk with Turmeric – Almond milk, like almonds, contains magnesium which helps reduce levels of the stress hormone cortisol and calms the nervous system.
6. Have a Soak – Taking a hot bath, ideally 60 – 90 minutes before bedtime, will raise body temperature but the steep cool-down period after relaxes you.

To see more about these tips on getting a good night sleep visit [Get a Good Night's Sleep](#).

This is What Your Overactive Brain Needs to Get a Good Night's Sleep. By Tara Swart

This article is intended for informational purposes only and is not intended to be exhaustive, nor should any discussion or opinions be construed as professional advice. Readers should contact a health professional for appropriate advice.

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Health and wellness tips for your work and life—
presented by:



Do You Know the Signs of Opioid Addiction?

Opioid addiction is a growing epidemic in the United States, with opioid overdoses killing 91 Americans every day. In 2015 alone, more than 33,000 people died from an opioid overdose. Read on to learn more about opioids and to learn how to recognize the signs of opioid addiction.

What is an opioid?

According to the National Institute of Drug Abuse (NIDA), opioids are a class of drugs that act on the nervous system to relieve pain. Common opioids include the illegal drug heroin, synthetic opioids like fentanyl, and prescription painkillers like oxycodone (OxyContin), hydrocodone (Vicodin) and morphine. Continued use (and abuse) of opioids can lead to physical dependence on and addiction to these types of drugs.

What are the signs of opioid addiction?

Being familiar with the most common signs of opioid addiction can help you or someone you love get proper treatment before it is too late. Physical signs of opioid addiction include the following:

- Noticeable euphoria
- Drowsiness, confusion or intermittent nodding off
- Constricted pupils
- Slowed breathing

For more information on opioids, opioid addiction and opioid overdoses, visit the [Centers for Disease Control and Prevention's](#) or the [NIDA's](#) opioid webpage.



MICROWAVE DENVER SCRAMBLE SLIDER

- 1 Tbsp. red or green bell pepper (chopped)
- 1 Tbsp. onion (chopped)
- 1 egg
- 1 thin slice deli ham (chopped)
- 1 Tbsp. water
- 1 whole-wheat English muffin (split and toasted)

PREPARATIONS

1. Place peppers and onion in a small bowl. Microwave on high for 30 seconds. Stir.
2. Add egg, ham and water to the pepper and onion mixture. Beat mixture together until the egg is blended.
3. Microwave mixture on high for 30 seconds. Stir.
4. Microwave mixture again until egg is almost set, about 30 to 45 more seconds.
5. Carefully transfer cooked mixture to prepared English muffin. Serve warm.

Makes: 1 serving

Nutritional Information (per serving)

| | |
|----------------|--------|
| Total Calories | 240 |
| Total Fat | 6 g |
| Protein | 16 g |
| Carbohydrates | 29 g |
| Dietary Fiber | 4 g |
| Saturated Fat | 2 g |
| Sodium | 550 mg |

Source: USDA



National Preparedness Month

Since 2004, the Federal Emergency Management Agency (FEMA) and the national [Ready Campaign](#) have promoted National Preparedness Month (NPM) every September. NPM encourages Americans to take steps to prepare for all types of emergencies and strives to increase the overall number of people, families and communities that engage in preparedness actions.

The most recent data from the Red Cross, though, reveals that despite 8 out of 10 Americans feeling unprepared for a catastrophic event, only 1 in 10 has taken the following appropriate preparedness steps:

- Create a family emergency plan.
- Stock an emergency supply and first-aid kit.
- Train in basic first aid.

Remember, you can't plan when a disaster will occur, but you can plan ahead to be prepared if and when a disaster does strike. This September, take time to learn more about NPM and take the suggested steps to become properly prepared. For more information, please visit the NPM [website](#).

BASIC DISASTER SUPPLIES KIT



Three-day supply of one gallon of water per person per day



Three-day supply of nonperishable food



NOAA Weather Radio



Flashlight



First-aid kit



Batteries



Dust mask



Wrench or pliers



Local maps



Cellphone

Source: www.ready.gov/kit