



Sleep is health!

How much sleep do you need?

Humans adapt to the 24-hour cycles of light and dark using their internal clocks (circadian rhythms). These clocks dictate that adults have one major episode of



sleep at night typically **lasting about 8 hours - ranging from 6 to 9 hours per night.** Each person must determine his or her own sleep need. You can determine this ideal amount of sleep by simply paying attention to whether or not you feel rested in the morning and alert throughout the day. People tend to sleep about 30 minutes longer on weekends, indicating that they may be accumulating a sleep debt during the week. **It is important to**

understand that you cannot “catch up” on lost sleep, or store sleep for the future, by getting more on weekends! This is because lost sleep on any given night has immediate consequences for the very next day (e.g. driving, work performance, memory and learning). **Research indicates that sleep loss impairs your response time, motor ability, visual acuity, memory and attention.**

REMINDER !

In Quebec, Daylight Saving Time happens **in the night of November 5 to 6, 2016.**

Tips for a good night sleep:

- ✓ Give yourself at least one hour to unwind before bedtime. (ex: soaking in a bath, read, etc.)
- ✓ Go to bed only when sleepy. If you can't fall asleep or return to sleep within 15-20 min., get up, go to another room, and engage in some quiet activity. When you feel that sleep is imminent, return to bed. Do not sleep on the couch, as this would only create an association between sleep and the couch, not with your bed.
- ✓ Keep the bedroom environment quiet, dark, and comfortable.
- ✓ Avoid foods, beverages, and medications that may contain stimulants or caffeine several hours before bedtime.
- ✓ Avoid heavy meals close to bedtime.
- ✓ Do not drink alcohol too close to bedtime. Alcohol consumption can lead to early morning awakenings.
- ✓ Regular exercise, but do so around midday, late afternoon or early evening. It may deepen sleep. Over-training or exercising too much is not advisable.

- ✓ Arise at the same time every morning. Set the alarm clock and get out of bed at the same time every morning, weekdays and weekends, regardless of the amount of sleep obtained on the previous night. Sticking to a schedule will help regulate your internal biological clock and synchronize your sleep/wake rhythm.

What about naps?

Naps are generally only acceptable for people who have no difficulty falling asleep or staying asleep at night. Otherwise, the time you spend napping during the day may take away from your total sleep time at night. The optimal duration for a nap is 10-20 minutes. Twenty minutes is sufficient to feel rested, yet short enough not to interfere with nighttime sleep.

Source : (<https://css-scs.ca/>)

November is Diabetes Month – Myths and Reality

1. A piece of chocolate is a good choice for treating low blood sugar.

FALSE. The fat content in chocolate slows the absorption of the sugar. In addition, a tablet of chocolate contains much more sugar than necessary, which could lead to hyperglycemia. Normally, 15 g of carbohydrate, such as a tablespoon of honey, suffice to treat low blood glucose.

2. Several family members have diabetes. It is in my genes. I can't do anything to prevent it.

FALSE. It is possible to prevent or delay the onset of diabetes by changing your lifestyle habits; for example, by adopting a healthy and balanced diet and getting regular exercise.

3. I feel good; I have no symptoms. I can't possibly be diabetic.

FALSE. Diabetes is an insidious disease that can occur without a person feeling anything at all, yet all the while the disease is already taking its toll. That is why it is important to visit your doctor regularly and have the suggested tests.

4. Diabetics are allowed to drink alcohol.

TRUE. Based on their doctor's recommendations, people with diabetes may drink alcohol in moderation if their diabetes is well controlled and they do not suffer from other health problems.

Source : (www.diabete.qc.ca/en/)

The Holidays are coming!



There are several designated drivers services to drive you home when you had too much drinks or you do not want to worry about getting behind the wheel at the end of the evening! Here are a few:

Operation Red Nose (last days of Nov.-December 31) in Canada: <https://operationrednose.com/>

Tolérance Zéro (365 days per year) in Quebec: www.tolerancezero.ca

Point Zero 8 (365 days per year) Montreal's population and its suburbs: <https://chauffeur-designe.ca/index.php/en/>

