Better Sleep: From A to ZZZZZs

Many of us make resolutions to become healthier each new year, whether through exercise, stress reduction or better food choices. One of the most important things you can do for a healthy body is to get adequate amounts of sleep.

While the number of necessary hours of sleep varies from person to person, one should strive to maintain a regular sleep and wake pattern seven days a week. Here are some tips to help you get the right amount of zzzzz’s:

- Avoid stimulants such as caffeine, nicotine and alcohol close to bedtime. While alcohol is well known to speed the onset of sleep, it disrupts sleep in the second half as the body begins to metabolize the alcohol.
- Exercise can promote good sleep. Vigorous exercise should be done in the morning or late afternoon. A relaxing exercise, like yoga, can be done before bed to help initiate a restful night’s sleep.
- Stay away from large meals close to bedtime. Food can be disruptive right before sleep. Also, dietary changes can cause sleep problems.
- Pursue adequate exposure to natural light. This is particularly important for older people who may not venture outside as frequently as children and adults. Light exposure helps maintain a healthy sleep-wake cycle.
- Establish a regular relaxing bedtime routine. Try to avoid emotionally upsetting conversations and activities before trying to go to sleep. Don’t dwell on or bring your problems to bed.
- Associate your bed with sleep. It’s not a good idea to use your bed to watch TV, listen to the radio or read.
- Make your sleep environment pleasant and relaxing. The bed should be comfortable, and the room should not be too hot, too cold or too bright.

Source: National Sleep Foundation, www.sleepfoundation.org

Maintenance: Keep Up Your Success

Just as we work to make flossing our teeth a habit, we must practice strategies to stay on track with other behavior changes.

During MAINTENANCE, the fifth Stage of Change*, we work to sustain our behavior so it becomes a healthy pattern. We become more confident that we will succeed.

One key to maintaining desired behavior changes is to find effective ways to avoid or manage temptations that often lead to relapse. Here are a few prevention strategies.

- Identify your top one or two temptations.
- Anticipate the situations in which you are most likely to give in and develop a plan to avoid or minimize exposure.
- Plan to seek strength and support from others, especially when vulnerable.
- Catch yourself before you engage in self-defeating behavior.
- Reinforce the behavior change by practicing positive self talk.
- Reward yourself when you are able to successfully practice a healthy behavior.

In the next All About Health, learn about the sixth stage of change, RELAPSE, which is part of the process of lifelong change.

Robin Huskey, LCSW, CEAP
Manager of Education and Outreach

*Developed by James Prochaska and Carlo DiClemente, 1983
Wellness and Lifestyle

Step UP Emory thanks you for your support of the Step UP Emory initiatives throughout the year. To thank you, you are invited to participate in an online scavenger hunt which will take you through all of the campaigns since Step UP Emory began in July 2007.

Visit the Step UP Emory website at www.stepup.emory.edu to find the answers to the questions below, and then follow the directions. Winners will receive prize packs that will be perfect to help you in your health and wellness pursuits. (One prize pack per winner.)

**CAMPAIGN 1 – TAKE THE STAIRS**

Step UP Emory began with the Take the Stairs campaign, an effort to encourage Emory employees to use the stairs throughout the day. An Emory Report article, dated July 9, 2007, announced the initiative, mentioning how one can exercise in increments throughout the day. **QUESTION:** What were the increments, and what is the recommended daily amount of exercise?

Be the first to send an email to shaneesa.ashford@emory.edu with the correct answer on Tuesday, January 20 after 8:30 a.m. to win a prize.

**CAMPAIGN 2 – HEALTHQ**

Step UP Emory encouraged employees to complete a HealthQ, an online personalized questionnaire designed to help you identify your current health needs. In the Step UP video, Dr. Michael Johns, Chancellor for Emory University, named three things you need to receive the most accurate information from your HealthQ. **QUESTION:** What are those three things?

Be the first to send an email to shaneesa.ashford@emory.edu with the correct answer on Monday, January 26 after 8:30 a.m. to win a prize.

**CAMPAIGN 3 – HEART HEALTH/TAKE HEART … THERE’S HOPE!**

To help you have a healthy heart, Step UP Emory provided a month of Heart Health tips. One tip specifies the total amount of daily calories that should come from fat. **QUESTION:** What is that amount?

Be the first to send an email to shaneesa.ashford@emory.edu with the correct answer on Monday, February 2 after 8:30 a.m. to win a prize.

**CAMPAIGN 4 – PREVENTION**

Step UP Emory understand the importance of prevention for your overall wellness. In its “Prevention: The Road to Wellness” brochure, Step UP Emory provided information on when men and women should have certain medical tests. **QUESTION:** At what age should a man have his first PSA test?

Be the first to send an email to shaneesa.ashford@emory.edu with the correct answer on Monday, February 9 after 8:30 a.m. to win a prize.

**CAMPAIGN 5 – A HEALTHY BODY, A HEALTHY EARTH**

Step UP Emory is committed to nutrition and sustainability. One component of the campaign focused on how you can be more sustainable in your food choices, including the states that comprise the “Regional Local” definition. **QUESTION:** What are those states?

Be the first to send an email to shaneesa.ashford@emory.edu with the correct answer on Monday, February 16 after 8:30 a.m. to win a prize.

**BONUS QUESTION – BREAST CANCER**

Step UP Emory realizes that the fight against breast cancer does not end in October. Dr. Paula Gomes, director of FSAP, shared her story but also gave a word of caution. **QUESTION:** What does Dr. Gomes say you should not engage in?

Be the first to send an email to shaneesa.ashford@emory.edu with the correct answer on Monday, February 23 after 8:30 a.m. to win a prize.

Visit Step UP Emory’s website at www.stepup.emory.edu to learn more about the second annual “Take Heart ... There’s Hope!” campaign beginning in February.
Nutrition Spotlight

Make this Sweet Treat That’s Good and Good For You

February is a month devoted to the heart. Not only does it provide us with a holiday to celebrate love, Valentine’s Day, but as American Heart Month, February also offers a reminder to take care of the health of our hearts. This Chocolate Swirl Cheesecake is the perfect recipe for “heart season.” Not only is it a wonderful treat for your Valentine sweet, but it is very low in fat which is great for your heart. Diets low in fat, particularly saturated fat, may reduce your risk of heart disease.

Chocolate Swirl Cheesecake

Preheat the oven to 325°F. Lightly spray a 9-inch springform or 9-inch round cake pan with vegetable oil spray. If using the cake pan, line the bottom with cooking parchment or wax paper and lightly spray again. Sprinkle the graham cracker crumbs on the bottom of the pan. Set aside.

In a large mixing bowl, beat the cream cheeses and sugar on medium-high for 3 minutes, or until light and fluffy.

Add the egg substitute and beat on medium until mixed in. Add the sour cream and vanilla. Beat on medium for 30 seconds, or until smooth. Remove 1 cup batter and set aside. Stir the cocoa powder into the remaining batter. Beat on medium for 30 seconds, or until mixed in.

Pour half the chocolate batter into the pan (no need to spread over the bottom). Pour half the reserved white batter on the chocolate batter. Spoon half the caramel apple dip onto the white batter. Pour the remaining chocolate batter into the pan. Drop spoonfuls of the remaining white batter onto the chocolate batter in a circular pattern. Spoon the remaining caramel apple dip on top. Gently shake the pan back and forth to distribute the batter evenly. With a sharp knife, lightly swirl the batter to create a marbled effect. Don’t over-swirl or you’ll have no pattern.

Preheat the oven to 325°F. Lightly spray a 9-inch springform or 9-inch round cake pan with vegetable oil spray. If using the cake pan, line the bottom with cooking parchment or wax paper and lightly spray again. Sprinkle the graham cracker crumbs on the bottom of the pan. Set aside.

In a large mixing bowl, beat the cream cheeses and sugar on medium-high for 3 minutes, or until light and fluffy.

Add the egg substitute and beat on medium until mixed in. Add the sour cream and vanilla. Beat on medium for 30 seconds, or until smooth. Remove 1 cup batter and set aside. Stir the cocoa powder into the remaining batter. Beat on medium for 30 seconds, or until mixed in.

Pour half the chocolate batter into the pan (no need to spread over the bottom). Pour half the reserved white batter on the chocolate batter. Spoon half the caramel apple dip onto the white batter. Pour the remaining chocolate batter into the pan. Drop spoonfuls of the remaining white batter onto the chocolate batter in a circular pattern. Spoon the remaining caramel apple dip on top. Gently shake the pan back and forth to distribute the batter evenly. With a sharp knife, lightly swirl the batter to create a marbled effect. Don’t over-swirl or you’ll have no pattern.

Bake for 55 minutes, or until the center is just set (doesn’t jiggle when the pan is gently shaken). Put the pan on a cooling rack and let cool for 1 hour. Refrigerate for at least 3 hours. To serve, run a knife along the inside of the pan. Release the side of the spring form pan or invert the cake pan onto a plate.

Nutrition Analysis (per serving)

169 Calories, 2.5 g Total Fat, 1.5 g Saturated Fat, 0.0 g Trans Fat, 0.0 g Polyunsaturated Fat, 1.0 g Monounsaturated Fat, 15 mg Cholesterol, 258 mg Sodium, 26 g Carbohydrates, 1 g Fiber, 20 g Sugar, 8 g Protein

Recipe serves 12.

Source: American Heart Association - www.americanheart.org.
Reviewed by Tara Cox, MPH, RD, Wellness Specialist

Cook’s Tip: To slice your cheesecake with ease, use a sharp knife dipped into hot water. Wipe the knife with a dish towel or paper towel after each slice; reheat the knife in hot water as needed.
Wellness Calendar

INFOSTOPS

HEART HEALTH
January 15
Center for Ethics, Lobby Area
11 a.m. – 1 p.m.

TAKE CARE: DIABETES
January 22
Asbury Court
11 a.m. – 1 p.m.

January 29
1599 Clifton Road, Main Lobby
11 a.m. – 1 p.m.

WELLNESS FAIR
January 12
9 a.m. – 3 p.m.
Woodruff Library
Jones Room

DIABETES FAIRS
Learn more about reducing your risk for or managing your diabetes.

January 23
7:30 a.m. – 1 p.m.
Emory University Hospital
1364 Clifton Road
2nd floor, Classroom D

January 30
8 a.m. – 3 p.m.
Emory University
1599 Clifton Road, Room 1.432

FSAP Programs
Open to EU and EHC employees

Life Cycles: Grief & Loss Support Group
Begins Monday, January 26
Will meet weekly from 4 p.m. - 5:30 p.m. for six weeks
Participants will receive information and support regarding the grief process, learning how to cope with grief and creating meaning in life after the loss of a loved one. All prospective participants must be pre-screened no later than Friday, January 23. The workshop will be held at The Emory Wellness Center at 1762 Clifton Road.

Life Cycles: Anger Management Skills Group
Begins Friday, February 6
Will meet every other week from 1 p.m. - 2 p.m. for a total of six classes
Participants will learn and share practical strategies for managing anger effectively. All prospective participants must be pre-screened no later than Friday, January 30. The workshop will be held at The Emory Wellness Center at 1762 Clifton Road.

Freedom From Smoking (Cost - $40; reservation required)
Begins Tuesday, January 20
Will meet every Tuesday from 6 p.m. - 7:30 p.m. for eight weeks
The program is open to all Emory faculty, staff, students, patients, friends and family. Will be held at the Blomeyer Health Fitness Center, 5th Floor Conference Room.

Call the Emory Wellness Center at 404-727-4328 to register for these workshops.

Resolve Yourself to Better Health in 2009

Nutrition Coachings
(by appointment)

Every Monday
1 p.m. – 5 p.m.
The Emory Wellness Center
1762 Clifton Road

Every Thursday
Emory Crawford Long Hospital
Orr Building, 3rd Floor

Fitness Coachings
(by appointment)

Every Wednesday
1 p.m. – 5 p.m.
Emory Crawford Long Hospital
Orr Building, 3rd Floor

Every Thursday
9 a.m. – 1 p.m.
The Emory Wellness Center
1762 Clifton Road

For more information, call 404-727-4328 or visit www.fsap.emory.edu.