



# MAINTAIN DON'T GAIN CHALLENGE

HIT THE SNOOZE BUTTON

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Did you know that sleep can help improve your emotional well-being? According to the American Academy of Sleep Medicine, more than 70 million Americans are completely unaware that they could be getting better sleep. Inadequate sleep can cause impaired memory and thought processes, depression, increased perception of pain, and decreased immune response.

We know that getting a good night's sleep isn't easy, so here are some tips to help:

- **Make the bedroom just for bed.** Make your bedroom a more restful place by using it exclusively for sleep and quiet activities like reading.
- **Unplug.** Park your phone, tablet, or laptop at a docking station outside the bedroom. After all, you need to recharge, too.
- **Be aware of what you put into your body and how it affects your sleep.** Try not to have any caffeine after lunch and avoid heavy exercise within six hours of your bedtime.

Sleep is an integral part of being healthy, so don't forget to get the appropriate amount of hours each night to set you up on the right foot come morning.

Share what steps you took to ensure proper sleep with **#UCIMDG2018** on social media to connect with fellow challengers.

Adapted from UC Health Plans.



## THIS WEEK'S WEBINAR

- [Sleep: An Essential Component of Health and Wellbeing](#)



## THIS WEEK'S TIPS

- [Flyer \(PDF\): Are you Getting Enough Sleep?](#)
- [Article: Why Am I Always So Tired?](#)
- [Article: 5 Surprising Health Risks of Poor Sleeping](#)
- [Article: Are You Getting Enough Sleep?](#)



## THIS WEEK'S RECIPES

- [Turkey Burgers with Baked Sweet Potato Fries](#)
- [Gingered Brown Rice Pudding](#)



## ADDITIONAL RESOURCES

- [Learn about what EAP has to offer](#)

## WEIGH-IN

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THE CHALLENGE  
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