

Health Matters

A health & wellness newsletter for enhanced living

March 2024

Keep calm and spring forward this March



As March gets underway, our minds start thinking about warmer temperatures and the official first day of spring. Another tell-tale sign of the changing season is when we turn the clocks forward an hour for Daylight Saving Time on Sunday, March 10, 2024. In general, “losing” an hour in the spring is more difficult to adjust to than “gaining” an hour in the fall.

According to Aging Care, Daylight Saving Time can affect senior health in a negative light. Springing forward may cause some of us to lose sleep, resulting in decreased concentration and increased fatigue. While this

change is challenging for some, here are a few tips to help you plan for and adjust to Daylight Saving Time:

Get outside

Daylight Saving Time provides more daylight, so take advantage by participating in more outdoor activities, which could improve physical and mental fitness. The extra sun exposure will also give you a boost of vitamin D.

Take a nap

According to the National Sleep Foundation, planning ahead to take a nap can help you avoid being sleepy on Monday morning. Take a short 20-30 minute nap on

Sunday afternoon, but be sure that it's not too close to your preferred bedtime.

Keep a routine

Allowing yourself to go to bed and wake up at the same time every day will help your body to regulate and stick to a sleep schedule. Avoid spending more time in bed than needed.

Use bright light to help manage your body clock

The National Sleep Foundation suggests you avoid bright light in the evening and that you should expose yourself to sunlight in the morning to wake you.

Cut back on caffeine

Avoid caffeine for 4–6 hours before bedtime to sleep more soundly. This will allow your body to relax and sleep comfortably throughout the night.

By keeping these tips in mind, you can be well-rested, healthy, and productive as you spring forward this March.

Sleeps Impact on Health & Well-being

March celebrates the value of good “sleep hygiene.” Getting enough sleep helps you feel better during the day. The moment you wake up and start your day impacts how you sleep at night. Lack of sleep not only makes a person feel tired but also contributes to impaired physical and mental health, which may result in an increased risk of falls and injuries.

Good sleep includes sleep duration, routine or regularity of sleep, continuity or uninterrupted sleep, and satisfaction or quality of sleep. Continue reading for additional information on sleep.

Potential effects of sleep deprivation on physical health:

- Obesity
- Heart problems
- Insulin management
- Cognitive performance
- Mood
- Increased risk for falls and injuries

Steps to improve Sleep Hygiene (behaviors and practices that affect sleep quality):

- Establish a consistent exercise program. Complete your exercise within 3 hours of bedtime.
- Consume a healthy diet and avoid eating large meals before bedtime.

- Avoid caffeinated beverages in the late afternoon and evening.
- Avoid alcoholic beverages late in the evening.
- Getting sun and natural light during the day helps manage your circadian rhythm. The dim light in the evening helps you fall asleep.
- Strive for a consistent sleep schedule, go to bed, and wake up at the same time.
- Limit napping to 20-30 minutes or less.
- Maintain a relaxing, sleep-friendly bedroom environment - dark and cool temperature.
- Reduce the use of cell phones, computers, and television 1-2 hours before bedtime.

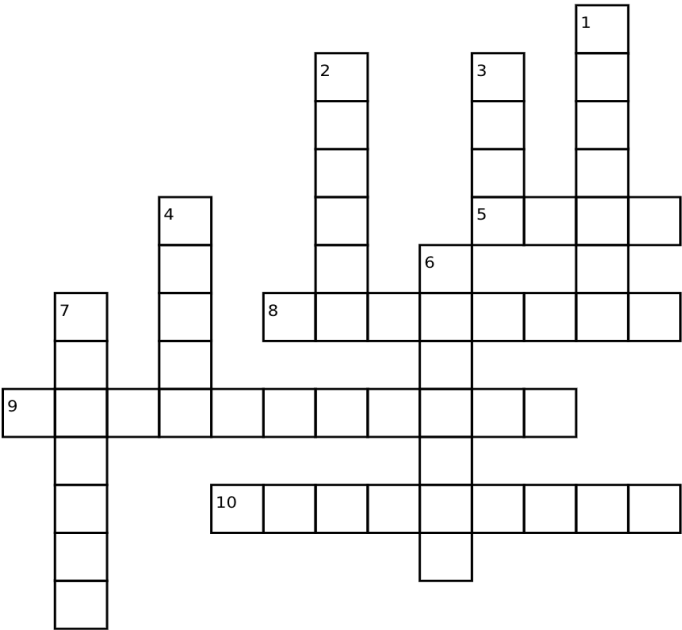
Crossword puzzle: Cleanliness

Down:

- 1. practice of cleanliness
- 2. movement or pattern
- 3. state of feeling
- 4. to take rest
- 6. formed by nature
- 7. disorder of being overweight

Across:

- 5. particular selection of food
- 8. weakened or damaged
- 9. measure of warmth/cool
- 10. natural 24-hour cycle



March Word Search: Daylight Savings Time

ADJUST
BED
BODY
CAFFEINE
CHALLENGE
CLOCKS
DAYLIGHT

DECREASE
FALL
FATIGUE
FORWARD
HOURS
MENTAL
NAP

OUTDOOR
PHYSICAL
PRODUCTIVE
RELAX
ROUTINE
SAVING
SCHEDULE

SEASON
SLEEP
SPRING
SUN
SUNDAY
TIME

S Q Q X Q I P R D W J U C R R I O B U Z P S E U D F
E P N I J K N K X U N V D L Q D I O P D S O X C L U
A Y N A P P N U Y X U Y Z M O L I D C Z G H O U R S
S G P M S L A F O R W A R D E C W Y E Y R R A O M G
O G C D S U K P H Y S I C A L T K X S L A A P V S R
N F V F P X N M Y K Q L Q B K O D S H X F M T F C I
F A T I G U E E K P M J X M C B L Z O A M T W L H K
S D A Y L I G H T Q A H W E H M C A F F E I N E E R
P B I I I O E D U D C L W N A Q V A L C B J E L D B
R B P R O D U C T I V E Y T L S U N D A Y V H W U M
I P L L J R O U T I N E W A L N A D J H D A I W L I
N F L B Y A A W F Q K F X L E G M V E H F Z H K E M
G H I Q E F D R Q C A D L T N H C S I C M R E L A X
W G P T C D X J Z B F C J O G F X P H N R S J Z S N
B O R A I U H Y U V C E R X E V O Z K Z G E L J E N
N F C O V M C L F S L V C T P O Q Y E F V V A E Y D
Y B L L S R E X E H T Z V E O U T D O O R A W S E M

Monthly Spotlight

March is National Nutrition Month®

This month's focus is on the importance of making informed food choices and developing sound eating and physical activity habits at any age. However, as we get older, our bodies have different nutritional needs.

Visit www.eatright.com for tips, recipes, and information on eating for good health.



Age In Motion® virtual series



We recommend you engage in physically and/or intellectually stimulating activities on a regular basis to enhance your overall wellness. To help you with this, we've created the Age In Motion® online library of wellness and exercise classes that are 10 to 35 minutes long. You can access these wellness offerings at any time, day or night, from the comfort of your own home by visiting: <https://forms.gle/g26wC3ki19TAAUN56>

Highlights: Classes for mind, body, and harmony

Flexibility & Relaxation

Unwind through tailored stretches, from upper body energizers to lower body soothers and basic yoga flows, fostering tranquility.

Strength & Toning

Energize with targeted exercises for core, upper body, and lower body strength, sculpting muscles and enhancing fitness.

Mindful Movement & Wellness

Embrace balance with chair yoga, seated Tai Chi, and memory-enhancing exercises for mental clarity and physical harmony.

Exercise Ball

Dynamic exercise ball workout to engage your core, improve balance, and boost coordination.

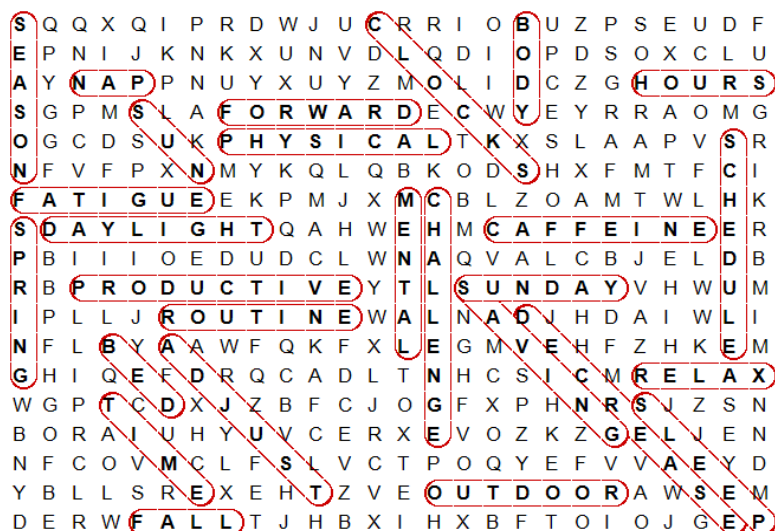
Energetic Cardio Workouts

Revitalize routines with Cardio Fun, high-energy exercises for an invigorated heart and sustained motivation.

Wellness resources

- [Physical Health and Sleep](#)
- [Promoting Healthy Sleep for Older Adults](#)

Word search key



Crossword puzzle key

