

## September - Sleep Awareness

Sleep Awareness is paramount to good health. We know we need somewhere between 7-9 hours if we are an adult, and babies and toddlers can sleep up to 17 hours a day. If we aren't getting enough sleep, we are more prone to injury, depression, and obesity. But today, we will discuss some interesting and out-of-the-ordinary stats about sleep!

- This should be no surprise, but single parents report sleeping less than 7 hours a night 42.6% of the time, compared to 32.7% of 2 parent homes and 31% of adults without children.
- Women are more likely to suffer from insomnia (up to 40% more likely) due to menstrual cycles and menopause. Men are more likely to suffer from sleep apnea but only slightly.
- Children are 4 times more likely to sleepwalk than adults.
- For adults over 40, 69% of men and 76% of women report waking up at least once per night to use the bathroom.
- Men are more likely to snore than women (57% to 40%).
- 60% of adults report frequent heartburn hurts their sleep.
- 78% of people have reported being more excited to sleep with fresh sheets!
- Across a large population of sleepers, 54.1% of the total time was spent sleeping on their sides, 37.5% on their backs, and 7.3% on their stomach.
- Caffeine has a half-life of 5 hours in most adults; this means about half of the caffeine we ingest is still in our system 5 hours later.
- Drinking 1 or more alcoholic beverages decreases sleep quality by 39.2%.
- 75 minutes of high-intensity or 150 minutes of moderate exercise per week has led to less daytime drowsiness.. It also improves our sleep quality!
- Melatonin supplement sales increased 500% from 2003 to 2014 (\$62M to \$378M).
- In a study of 31 melatonin supplements, 71% of the supplements didn't come within 10% of the listed melatonin dosage.



Cell phones, computers, tablets, and TVs can negatively affect sleep. Things like the blue lights of screens can keep us awake. The constant notifications or anticipated texts can also interrupt sleep. Some studies even believe that the wavelengths of our electronics and the charging portals can create a less restful night of sleep. What can we do instead? Create a routine that doesn't involve screens for at least 30 minutes. Drink hot tea or read a book. If you are used to sleeping with the TV on, try an audio book with a timer instead. There are about 20,000 neurons dedicated to our Circadian Rhythm; USE THEM!

# Whitefish or Chicken Piccata

## Ingredients

- 1 pound trout fillet or other thin white fish
- Salt and black pepper
- 1 teaspoon dried oregano
- 1 teaspoon paprika
- 3/4 teaspoon garlic powder
- 1/4 cup flour for dredging
- 1/3 cup extra virgin olive oil
- 3 tablespoons unsalted butter divided
- Juice of 2 lemons
- 1/2 cup white wine or chicken broth
- 4 tablespoons capers rinsed or drained
- Fresh chopped parsley for garnish

**Season and dredge the fish** Give the fish a quick sprinkle of salt and black pepper on both sides, then add oregano, paprika, and garlic powder (if you leave the skin on the fish, you can add the seasoning to the flesh side). Coat each fish fillet with a bit of flour. Give it a quick shake to remove excess flour. If you have the time, set the fish aside for 5 minutes or so.

**Pan-Sear the fish** Heat some olive oil and a bit of the unsalted butter in a large pan. Cook the fish on both sides for 2 to 3 minutes or until the fish is firm and flaky (do not overcook the fish). Transfer the fish to a large tray lined with paper towels to drain the oil.

**Make the Piccata sauce** Add a little more butter in the same pan and turn the heat down a bit. Add the lemon juice, white wine (or chicken broth), and capers. Let the sauce simmer briefly over medium heat.

**Add the fish to the sauce** Return the fish to the pan and spoon the sauce all over. You need a few seconds for the fish to warm through and take in the sauce; you can turn the heat off, so you don't overcook the fish.

**Garnish and serve** Green parsley and a pinch of red pepper flakes are optional. You can also add a few lemon slices on top. Serve immediately.

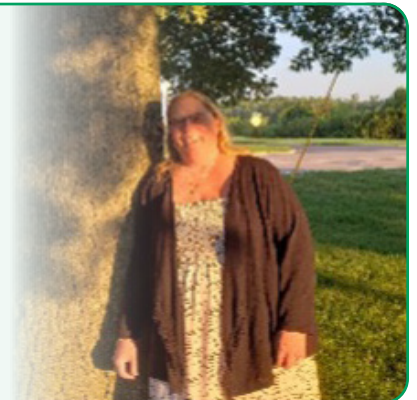
Make sure you prepare your salad and sides because the fish will cook quickly. A dry white wine is recommended (Pinot Grigio, Sauvignon Blanc, Chardonnay, Sherry). Lower the heat while making the sauce!



## Healthier You in '22 Challenge Winner!

### Lorri Beurkens!

Lorri works at West Michigan Lumber and usually has a big smile and a warm hello for everyone. She decided to start making walking more of a habit, and we focused on doing an extra 500 steps per day after she was home from work. Over the challenge months, we increased her step count significantly by about 13,000 steps per week!



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