



## GETTING ENOUGH ZZZZZZZ's

Getting the right amount of sleep is becoming more difficult in today's 24/7 world. It seems there just isn't enough time to accomplish everything life has to offer, or demands. Unfortunately, many people are forced to choose between these demands and sufficient sleep.

So what can you do? First, acknowledge the problem. Then begin to develop strategies to manage sleep and your life. Below are some suggestions that may be helpful in finding that sleep/life balance.

- **Be aware of the issues and the importance of proper sleep.** Plenty of information on the subject is available through advocate groups such as the National Sleep Foundation and the American Academy of Sleep Medicine. You can learn more by accessing their websites.
- **Share and discuss the information with all members of the family.** Not only does this issue impact everyone, including children and especially adolescents, but changes in lifestyle will require the support of the whole family.
- **Make sure you are not suffering from a sleep disorder.** If you suspect you may be suffering from a sleep disorder, make an appointment with your physician immediately. Prior to the appointment try utilizing a sleep diary which will help provide some of your history and/or patterns to your physician.
- **Practice good sleep habits.** The 10 habits (offered in the column

to the right) should be learned and practiced by every member of the family. Like any other healthy behavior we should learn and implement these good habits early in life.

- **Good general health habits are also important.** Proper diet, sufficient exercise, relaxation, and routine checkups are all important to healthy sleep as well as overall health.
- **Learn to set realistic priorities in life.** We can't do it all, whether it is work, fun or other commitments. Your children will also benefit from learning to prioritize and including health as an important life priority.

Living in today's complex, fast-paced society presents real challenges to our physical and mental health. The paradox is that healthy sleep better equips us for the mental and physical challenges of living in today's society.

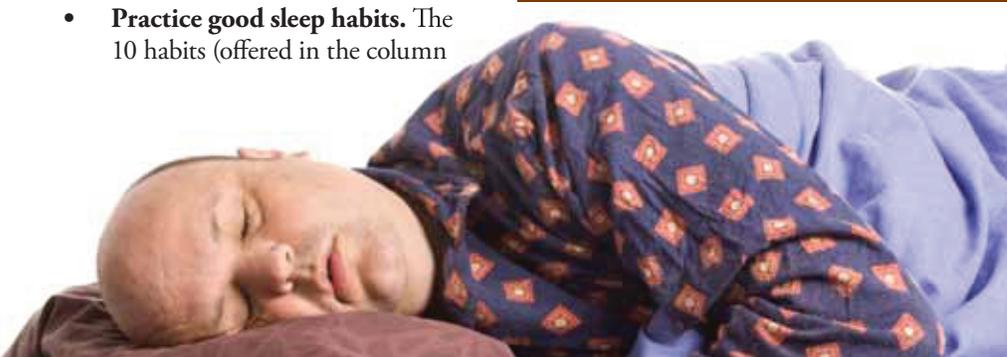
# 10

## Good Sleep Habits

In managing fatigue and staying alert, good sleep habits are essential. The following 10 recommended sleep habits are suggested.

1. Keep regular sleep/wake times when possible.
2. Develop and use a regular pre-sleep routine.
3. Protect sleep time; minimize other demands.
4. Avoid work/worry in the bedroom.
5. Eat a light snack if needed.
6. Maintain a dark, quiet environment.
7. Regulate temperature for comfort.
8. Obtain a comfortable sleep surface.
9. Use relaxation techniques.
10. After 30 minutes of tossing and turning get out of bed until sleepy.

We'd like to thank Dr. Dennis Holland of Union Pacific Railroad for submitting much of the text provided on this page.



## More Than A Mouthful:

# FIGHTING Gum Disease

About three out of four people over 35 have gum disease. It's the number one cause of tooth loss. The same plaque that causes cavities attacks the gums, day after day. In the early stages, called gingivitis, the gums bleed easily and are red and swollen. Better home care can usually reverse the problem. Untreated, it becomes periodontal disease.

Periodontal disease is a serious chronic infection requiring treatment. Eventually, the infection causes the gums to pull away from the teeth, creating deep gaps. These are perfect pockets for food and bacteria to hide in, further eroding the gums and destroying the bones anchoring your teeth. This painless disease should not be ignored. Not only can you lose

“Three out of four people over 35 have gum disease.”

your teeth, but research indicates that people with gum disease are more likely to have heart attacks, heart disease or strokes. Women with gum disease are seven times more likely to have premature babies.

Treatment helps and is improving. You will need more frequent professional cleaning to get those pockets cleaned. You can learn deeper cleaning techniques to use at home. Root planing, a deep cleaning of damaged tissue between the tooth and gum, can reduce pockets. Gum surgery may be necessary, performed by a periodontist. Bone grafts can shore up damaged jawbone, and dental implants can replace lost teeth instead of dentures.

Consider that all of this may be avoided by brushing, flossing and seeing your dentist regularly.



## Do You Need To See A Dentist?

YES NO

- My gums bleed when I try to floss.
- I avoid foods that are hard to chew.
- I have sores in my mouth that don't heal.
- My teeth hurt when I bite down.
- I haven't been to the dentist in over a year.
- My breath is bad a lot of the time.
- Lately my teeth are more sensitive to cold or hot.
- I have a loose tooth.
- My gums are receding from my teeth.
- I have a bad taste in my mouth.
- My teeth ache.
- I have discolored patches in my mouth.
- I have trouble swallowing.
- I have swollen gums, jaw or neck.

If you answer yes to ANY of the above questions, go see a dentist! Remember, it's cheaper, quicker, and healthier to take care of dental issues early on!



**More Than A Mouthful:**

**FIGHTING**

**Gum Disease**

**A**bout three out of four people over 35 have gum disease. It's the number one cause of tooth loss. The same plaque that causes cavities attacks the gums, day after day. In the early stages, called gingivitis, the gums bleed easily and are red and swollen. Better home care can usually reverse the problem. Untreated, it becomes periodontal disease.

Periodontal disease is a serious chronic infection requiring treatment. Eventually, the infection causes the gums to pull away from the teeth, creating deep gaps. These are perfect pockets for food and bacteria to hide in, further eroding the gums and destroying the bones anchoring your teeth. This painless disease should not be ignored. Not only can you lose

“Three out of four people over 35 have gum disease.”

your teeth, but research indicates that people with gum disease are more likely to have heart attacks, heart disease or strokes. Women with gum disease are seven times more likely to have premature babies.

Treatment helps and is improving. You will need more frequent professional cleaning to get those pockets cleaned. You can learn deeper cleaning techniques to use at home. Root planing, a deep cleaning of damaged tissue between the tooth and gum, can reduce pockets. Gum surgery may be necessary, performed by a periodontist. Bone grafts can shore up damaged jawbone, and dental implants can replace lost teeth instead of dentures.

Consider that all of this may be avoided by brushing, flossing and seeing your dentist regularly.



**Do You Need To See A Dentist?**

YES NO

- My gums bleed when I try to floss.
- I avoid foods that are hard to chew.
- I have sores in my mouth that don't heal.
- My teeth hurt when I bite down.
- I haven't been to the dentist in over a year.
- My breath is bad a lot of the time.
- Lately my teeth are more sensitive to cold or hot.
- I have a loose tooth.
- My gums are receding from my teeth.
- I have a bad taste in my mouth.
- My teeth ache.
- I have discolored patches in my mouth.
- I have trouble swallowing.
- I have swollen gums, jaw or neck.

If you answer yes to ANY of the above questions, go see a dentist! Remember, it's cheaper, quicker, and healthier to take care of dental issues early on!

