How to Get a Better Night’s Sleep

The Magic Number
The best person to determine how much sleep you need is you. If you feel tired, you probably need more sleep. But science does offer some more specific guidance. People who sleep seven hours a night are healthier and live longer. Sleeping less than seven hours is associated with a range of health problems including obesity, heart disease, depression and impaired immune function. But sleep needs vary greatly by individual. Age, genetics, lifestyle and environment all play a role. Adults need 7-9 hours per night.

Ask Yourself: Am I Sleepy?
This simple question is the best way to determine if you’re getting adequate sleep. If you often feel tired at work, long for a nap or fall asleep on your morning or evening commute, your body is telling you that it’s not getting enough sleep. If you’re getting seven or eight hours of sleep a night but still feeling tired and sleep-deprived, you may be suffering from interrupted sleep or a sleep disorder and may need to talk to a doctor and undergo a sleep study.

Take a Vacation from Your Alarm Clock
Want to really identify your individual sleep needs? Try this “sleep vacation” experiment. To do this, you will need two weeks when you don’t have somewhere to be at a specific time in the morning. If you have a flexible job, you can do this any time, or you may have to wait until a vacation. The experiment requires a little discipline: 1. Pick the same bedtime every night. 2. Turn off your alarm. 3. Record the time you wake up.

Chances are, you will sleep longer during the first few days, because you are catching up on lost sleep, so the first few days of data won’t be useful. But over the course of a few weeks, if you stick to the scheduled bedtime and allow yourself to wake up naturally, you’ll begin to see a pattern emerge of how many hours of sleep your body needs each night.

Bedtime: Go to bed at about the same time every night, including weekends.

Don’t Sleep In: Keep your wake-up time consistent. Don’t sleep in on the weekends.

Naps: Avoid naps. If you must take a nap, set the alarm so you don’t sleep for more than an hour. Don’t take a nap after 3 p.m.

Avoid Screens: Turn off the tablet, the television and the phone. The blue light in your screen has the same effect on your brain as sunlight, which means it wakes you up just when you want to be drifting off.

No Night Eating: Don’t eat meals close to bedtime and avoid evening and late night snacking. If your body is churning through a big meal, it’s certainly not going to get the rest it needs.

Source: The New York Times
Yo U R Compliance Connection - March Madness with Kris Henderson, Director of Compliance and Title IX Coordinator

With the calendar turning to March and our attention focused on some exciting basketball showdowns, you might not know that you have a part to play in athletic compliance on campus. Yes, compliance touches athletics too! The National Collegiate Athletic Association (NCAA) is a nonprofit organization that regulates student athletes from 1,268 North American institutions and conferences, including the University of Richmond. Compliance with NCAA regulations is a shared responsibility across campus. Here are three things regarding NCAA Compliance that every University of Richmond employee must know!

Extra Benefits – University of Richmond employees cannot provide student-athletes nor their family members with any money, items of value (e.g., t-shirts, hats, souvenirs), or discounts on items or services unless the same benefits are provided to the general public and/or the general student population.

No Recruiting – Only NCAA-certified University of Richmond coaches are permitted to engage in off-campus recruiting activities. If you are aware of a prospective student-athlete who would be a good candidate to be a future Spider, please contact the particular sport’s coaching staff and let them know!

Athletics Compliance Office is a Resource! – NCAA rules and regulations can often be very nuanced. Please use the Athletics Compliance office as a resource and feel free to contact them at any time at 804-287-6551.

Learn more about NCAA compliance and how it relates to everyone on campus during our Cookies with Compliance session on March 17 at 2p.m. in THC 321. All are welcome and no reservations are needed.

Healthy Cooking: Avocado Baked Eggs

Ingredients:
(for 6 servings)
3 ripe avocados
6 eggs
Any additional toppings that you want!

Directions:
1. Preheat oven to 425F. Spray two pans with nonstick spray. We recommend loaf pans so that the eggs don’t tip out of the avocado!
2. Slice the avocados in half and remove the pits. Remove just a little bit of the flesh to make room for the eggs.
3. Place avocados inside of the pan (preferably loaf pans), three per pan. Make sure that they won’t fall over, and crack one egg inside each avocado. Medium-sized eggs are ideal. If some egg white spills over, that is okay!
4. Season the tops of the eggs with salt and pepper.
5. Bake for 18-22 minutes or until your egg yolk reaches your desired consistency.
6. Top with your favorite toppings like cheese, bacon, herbs, Greek yogurt, salsa, etc., and enjoy!
Employee Wellness Fair
MARCH 17 | 10 AM - 4 PM
WEINSTEIN CENTER FOR RECREATION

Managers Caregiver Support Series: Spring Semester Dates

The Logistics of Managing Employee Caregivers
3/26 | 10 am - 12 pm | Weinstein Hall - Brown Alley Room
Please note, the date for this session has been updated.

Partner Violence Awareness for Managers
4/16 | 10am-12 pm | Weinstein International Center Commons

Suicide & Mental Health Awareness for Managers
5/21 | 10 am - 12 pm | Weinstein Hall - Brown Alley Room

Drug & Alcohol Awareness for Managers
6/11 | 10 am - 12 pm | Weinstein International Center Commons
March is National Nutrition Month® and this year’s theme is “Eat right bite by bite”. You hold the tools to make informed food choices and develop sound eating and physical activity habits. Eating right does not have to be drastic. Make small changes, keep things simple, and don’t change everything at once.

Some ways to start eating healthfully are...

1. Eat a variety of nutritious foods every day from all food groups. Emphasize fruits, vegetables, whole grains and low fat dairy. Include lean meats, poultry, fish, beans, eggs and nuts. Pack your food with vitamins, minerals, fiber and other nutrients.
2. Plan your meals each week. Choose healthful recipes to make during the week and use a grocery list to shop. If you pack your lunch, make more at meals so you can take leftovers.
3. Learn to create tasty meals. Try new flavors and recipes to see what you like.

Remember that every little bit (or bite) of nutrition is a step in the right direction. Small goals and changes can have a powerful, cumulative effect on health.

Source: Academy of Nutrition and Dietetics

Karen’s Korner, Karen Hensley, UR Dietician: Eat Right Bite by Bite

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