The amount of sleep you get each night matters. So does the quality of your sleep. Poor sleep can increase your risk for a variety of health problems including: high blood pressure, diabetes, and heart disease. Lack of proper sleep can also contribute to overweight and obesity. It is important to do everything you can to ensure a restful night of sleep. You will sleep more soundly if you maintain comfortable and calm sleep quarters and prepare yourself for bedtime. Small changes to your space and habits can help you get the sleep you need.

**Set the Stage for Sleep**

- **Adjust the temperature.** Most people get a better night’s sleep in a cooler place. You may need to experiment with the temperature that works for you.
- **Rid the room of TV’s, computers, and smart phones.** Many people think of television as relaxing, but it actually stimulates your brain. Even the light that comes from the television or phone screen can interfere with your body’s clock.
- **Keep it quiet.** Find ways to block out the noise. Try using ear plugs. Or use a fan for “white noise.”
- **Buy a comfortable bed.** Your bed should be large enough for you to move around and stretch. Experiment with different pillows and bedding to find what works for you.

**Shape up your Habits**

- **Limit Caffeine.** Caffeine can disrupt your sleep for many hours after you take it in. Avoid caffeine after lunch or cut down on your total intake daily.
- **Don’t smoke near bedtime.** Nicotine is a stimulant and can make it difficult to sleep.
- **Keep a regular sleep schedule.** Go to bed and get up about the same time each day, even on the weekends. This will set your body’s sleep-wake cycle.
- **Don’t drink alcoholic beverages within 6 hours of bedtime.** Alcohol may help you feel relaxed, but it can disrupt your sleep later in the night.

*If you try these techniques and your sleep doesn’t improve, talk with your doctor.*
What is High Blood Pressure?

High blood pressure is a serious condition that can lead to coronary heart disease, heart failure, stroke, kidney failure, and other health problems.

“Blood pressure” is the force of blood pushing against the walls of the arteries as the heart pumps blood. If this pressure rises and stays high over time, it can damage the body in many ways.

About 1 in 3 adults in the United States has high blood pressure. The condition itself usually has no signs or symptoms. You can have it for years without knowing it. During this time, though, high blood pressure can damage your heart, kidneys, blood vessels, and other parts of your body.

Knowing your blood pressure number is important, even when you are feeling fine. If your blood pressure is normal, you can work with your health care team to keep it that way. If your blood pressure is too high, treatment can help prevent damage to your body’s organs.

The table below shows normal blood pressure numbers for adults. It also shows which numbers put you at greater risk for health problems.

Blood pressure doesn’t stay the same all of the time. It lowers when you sleep and rises when you wake up. Blood pressure also rises when you’re excited, nervous, or active. If your numbers stay above normal most of the time, you’re at risk for health problems.

**Prevention and Treatment**

There are 7 main ways that you can prevent and control your blood pressure. **They are:**
- Eat a better diet, which may include reducing salt.
- Enjoy regular physical activity.
- Maintain a healthy weight.
- Manage stress.
- Avoid tobacco smoke.
- Comply with prescription medications.
- If you drink, limit alcohol.

Managing blood pressure is a lifelong commitment. Talk with your doctor if you would like more information on blood pressure prevention or treatment.
The Employee wellness programs section on CountyView is continuing to be updated!

http://countyview/health/Documents/Wellness/Default.htm

Are you wondering what wellness events are happening in the La Crosse area? Looking for fun physical activity ideas for your family? Check out the community events page!

19th: Mississippi Mud Run, Prairie du Chien, WI  http://www.mississippimuddrun.org
- Join us on September 19, 2015, on St. Feriole Island for the fifth annual Mississippi Mud Run! Of Prairie du Chien’s free public skate board park!


19th: Run to the Edge 5K, La Crescent
- http://www.applefestscenic5k.com/
- This hilly, beautiful course will take you right through the “Apple Capitol” of Minnesota. Plus,

20th: Tri-Quest Event, La Crosse
- http://www.tri-quest.org/event-info/
- Tri-Quest features a 5k run, 33k bike, and 18 holes of golf. You can compete in this fun event Proceeds benefit the La Crosse Area Boys and Girls Club.

26th: Apple Festival 2 mile Run/Walk and 5 mile run; Kids Race  http://www.gaysmills.org/uploads/201

Thank you for participating in the Tasty Twist Challenge!

130 county employees participated in the Tasty Twist Challenge from July 13th-August 28th. Tasty Twist challenged employees to increase the amount of fruits and veggies they eat daily, and also to consume a variety of fruits and veggies. After completion of the challenge, 92% of participants stated they are more aware now of their intake of fruits and veggies than they were before the challenge. Great job to all those who participated! Keep an eye out for more wellness activities and challenges to come!
Did you know your Healics lab results can be shared with your doctor?

If you are planning to have a routine physical or check-up with your doctor in the next year, plan to bring your Healics lab results with you! Your doctor will be able to document your Healics numbers in your medical chart, and you will save both time and money!

Veggie Pattie Recipe

1 cup shredded carrots
1 cup shredded zucchini
1 cup shredded potatoes
1/2 cup thinly sliced onion
2 tablespoons chopped parsley
2 eggs
1 cup bread crumbs
1 teaspoon salt
1/2 teaspoon black pepper

1) Combine all ingredients together in a bowl.
2) Form vegetable mixture into small flat patties.
3) Heat 1 tablespoon oil in a skillet. Cook patties on both sides over medium heat, for about 8 minutes.

VEGGIE TIP: Try adding shredded carrots or other shredded vegetables to meatloaf, meatballs, spaghetti sauce, soups, casseroles, etc. Top tacos and sandwiches with shredded veggies.