

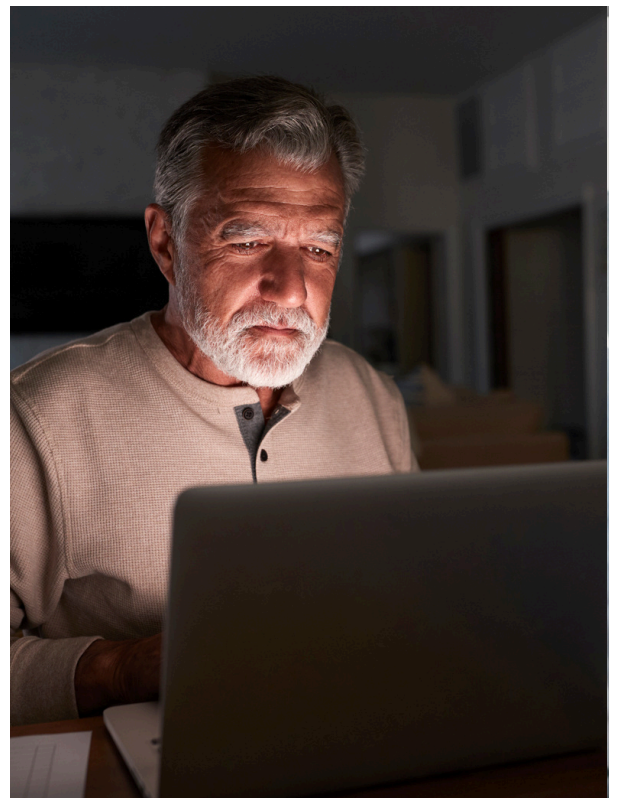


THIS MONTH'S FIND
ANOTHER GOLDEN NUGGET

A Dose of Self-Care

Do you sleep with the television on? Sleeping with even a small amount of artificial light can have negative effects on your cardiovascular and metabolic health.

A study conducted by a research team at Northwestern University found that sleeping with artificial light increases your heart rate as well as insulin resistance in the morning (meaning it's more difficult for your blood sugar to get into a normal range). Both an elevated heart rate and insulin resistance can lead to things like heart disease and diabetes. Additionally, exposure to artificial light at night can increase your risk of gaining weight. A study of 40,000 women published by JAMA Internal Medicine, found that sleeping with the television or light on increases your risk of gaining weight by 17 percent. This weight gain is due to the disruption of your circadian rhythms which makes it harder for your body to regulate blood glucose levels.



Create optimal sleeping conditions:

- Turn off all screens (i.e. television, phone, computer, etc.) at least 30 minutes before bed
- Close the window blinds and turn off all lights
- Keep the temperature of the room cool (ideal temperature is 65 degrees Fahrenheit)
- Wash your sheets once every two weeks (one study showed those who do are more excited to go to bed)