



Health and wellness tips for your work and life, presented by:



Your solution for a healthier workforce.

## Trouble Sleeping? Your Phone May Be to Blame

Yes, you read that headline right. According to a new [study](#), using your phone before you go to bed can disrupt your sleep schedule and prevent you from getting a good night's sleep.

Specifically, the study found that those who use smartphones or tablets before bed went to bed later and had a later sleep onset than those who didn't. The study also found that those who used their phone or tablet before going to sleep had lower levels of the sleep-regulating hormone, melatonin. Lastly, the study found that electronic device usage before bed reduced the period of rapid eye movement (REM) sleep, a vital component in our sleep patterns.

So, if you're having trouble sleeping, try putting your phone or tablet away before heading to bed.

## Stay Safe in the Sun

Though basking in the sun is relaxing and fun, it is also dangerous for your health. Skin cancer is the most common form of cancer in the United States with over two million people diagnosed annually. Sun exposure is the primary cause of over 90 percent of non-melanoma skin cancer cases reported in the United States.

Some people possess characteristics that place them at a higher risk for developing the disease. These risks include:

- Having a large number of moles on the body
- Red or blonde hair, blue eyes, fair skin and freckles
- Difficulty tanning and skin that burns easily
- Family history of skin cancer
- Taking medication that increases sun sensitivity

Use these prevention techniques while out in the sun:

- Avoid getting a sunburn while outside
- Stay out of the sun between 11 a.m. and 3 p.m. when the sun is at its peak in the sky
- Wear clothes made of tightly woven fabrics and a hat that shields your face, neck and ears
- Wear sunglasses to protect your eyes
- Use sunscreen that is at least SPF 15, applying it all over your body and lips
- Do not use tanning beds; they are just as damaging as natural sunlight.

If you do spend time in the sun, routinely inspect your body for any changes such as a new freckle or enlarged mole. If you suspect that a spot on your skin is new or has changed in appearance, consult a dermatologist immediately.



## Spinach Power Salad with Mandarin Vinaigrette

### Dressing

6 ounces mandarin orange juice (reserve oranges)

2 Tbsp. apple cider vinegar

¼ cup olive oil

¼ cup pure cane sugar

½ small onion (chopped)

1 Tbsp. spicy brown mustard

1 Tbsp. yellow mustard

½ tsp. salt

½ tsp. pepper

### Salad

½ pound chicken breast (cooked, chopped)

5 ounces baby spinach

1 large carrot (shredded)

24 seedless red grapes

1 ½ ounces walnuts (coarsely chopped)

Reserved mandarin oranges

## PREPARATIONS

1. Combine all of the dressing ingredients in a blender. Mix until combined.
2. Divide the spinach among four bowls. Top each bowl with the shredded carrots, grapes, mandarin oranges, walnuts and chicken breast.
3. Shake the dressing. Drizzle over salads.

### Nutritional Information (per serving)

Total Calories	362
Total Fat	22 g
Protein	16 g
Carbohydrates	27 g
Dietary Fiber	3 g
Saturated Fat	3 g
Sodium	488 mg
Total Sugars	22 g

Source: USDA



## Are You Up to Date On Your Immunizations?

Every August, the National Public Health Information Coalition sponsors National Immunization Awareness Month to promote the importance of immunizations at all life stages. Vaccination protects everyone, from infants to the elderly, from serious illnesses and complications of vaccine-preventable diseases.

Being properly vaccinated not only protects you, but everyone else around you, from falling ill with serious illnesses like measles, polio, hepatitis and meningococcal meningitis.

Follow the provided links to learn if you and your loved ones are up to date on the recommended vaccinations for each stage of life ([www.cdc.gov/vaccines/index](http://www.cdc.gov/vaccines/index))

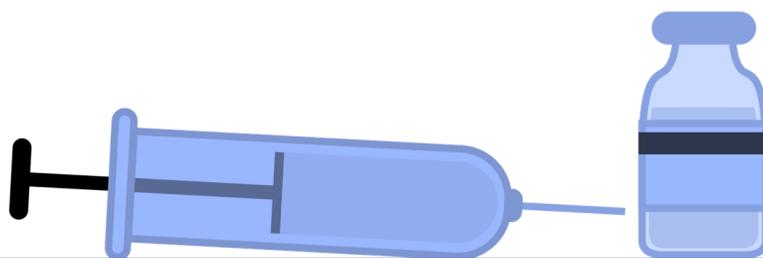
- [Infants and children \(birth to age 6\)](#)
- [Preteens and teens \(ages 7-18\)](#)
- [Adults \(ages 19 and older\)](#)
- [Pregnancy and vaccines](#)

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## KNOW YOUR VACCINES

Learn the differences between types of vaccines:

1. **Live attenuated vaccine** – These vaccines use a weakened virus strain to produce an asymptomatic infection in your body to produce a lifelong immunity to the illness.
2. **Inactivated vaccine** – These vaccines use “killed” strains of a bacterial or viral strain to evoke an immune response in your body.
3. **Subunit/conjugate vaccine** – These types of vaccines isolate a specific protein or carbohydrate within a virus or bacteria strain to evoke an immune response in your body.



Source: History of Vaccines, U.S. Centers for Disease Control and Prevention