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# Working Well

*Benefits of Sleep and Relaxation*

June 2006

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## Wellness Friend

Hello my friends and I hope everyone is having a great summer!! I just got back from Texas and it was a scorching 98 degrees when I was there!!! Whoa!!

I have chosen to dedicate this issue to relaxation and sleep because in my travels I have found that many individuals, when stressed out or overworked, sacrifice this area of their lives the most...and it is one of the most important areas to maintain for wellness. It is so interesting the things we allow to worry us and lose sleep over. For instance, the other day I realized my web site had been hacked and someone went into my CD and DVD list and, let's just say, entered some not so nice words and information in there. Now of course, you think that because I teach balance and harmony I handled this just fine. NOT SO!! I panicked and worried about who may have seen my site, what business I may have lost, if the info offended anyone, etc., etc. (You see, we teach what we most need to learn!!). Did I lose sleep, you bet! Then I realized that none of what happened was under my control, only how I handled it. So, I shifted my focus from worrying to handling the situation the best I could. Now it is fixed and I am sleeping again.

I have listed below 3 steps to getting better sleep and relaxation. Promise me one thing...do not just read this information...act on it!! Pick out just one thing you can do to relax and enjoy your life more. After all, this is not a dress rehearsal.

Please enjoy and feel free to forward this on to any friends and family who you think may benefit from the information.

Be sure to check out the June Company of the Month,FSMI. My good friends, Joan and Tim Walsh, are the country's experts on business planning for large and small businesses. Joan helps me with my plan continually and is a big reason for why I have acheived almost all of my goals so far this year!! Check them out!!

Thanks for reading and Be well.

### **Benefits of Sleep & Relaxation**

Sleep is by far the most important aspect of our overall well being. We spend a thrid of our lives asleep which tells me that it must be important!! 68% of Americans admit to sleeping less than the recommended eight hours per night. And get this, only 20% of adolescents get the recommended 9 hours of sleep on school nights and 1 out of 4 admit to sleeping in class!!

The top three factors that rob people of their sleep are stress, illness and an uncomfortable mattress and pillow (The Better Sleep Council, Better Sleep Month 2005 Survey). A lack of sleep affects us more than we think. Evidence shows that people who drove after being awake for 17-19 hours actually performed worse than those who had a blood alcohol level of .05%, close to the legal standard for intoxication!!

So what can be done?

### **Revitalize**

#### **What can be done?**

#### **1. Invest in a good pillow**

A poor pillow can lead to a bad night's sleep and contribute to body aches, allergies and asthma. A good pillow should keep your neck in good posture alignment and should be replaced every two years. A pillow I strongly recommend (the one I use) is Nikken's Dream pillow (pictured here). Not only does it have an ergonomic design, but it features magnets to help relieve stress naturally and provides plenty of airflow to keep your head cool at night. Contact me for discount information when ordering if you're interested.

#### **2. Cut back the caffeine**

Three out of four American's drink coffee daily. As a matter of fact, coffee is ranked the thrid beverage of choice according to the National Coffee Association of the

USA. Of course, our local coffee shops love that but what is all of that caffeine doing to our bodies? Caffeine is the most widely used drug in the world...YES, I said a drug. Get this:

*According to Norman Ford in The Sleep Rx, in doses higher than 500 mg. per day, caffeine can elevate blood pressure, cause nervous anxiety, can lead to frequent urination, and has been linked to a higher risk of fibrocystic breast disease, and of osteoperosis in women. It may also contribute to a biochemical deficiency of calcium and potassium, and of vitamin B1. A deficiency of B1 leads to coffee nerves, fatigue, anxiety, depression, and difficulty concentrating. Fatigue is often due to overstimulation of the adrenal glands. Caffeine may also have an adverse effect on heartbeat rate.* (Better Sleep Now, Dreamdoctor.com - see link for article below).

And remember, it is not just coffee, it is your soda's too!!

### 3. Nap

The benefits of napping have been known for ages. Siestas are common occurances in European countries but for some reason here in America, we feel naps are taboo. We feel if we nap we are considered lazy. Napping helps increase productivity, improves motor skills, boosts moods, lowers stress and helps your heart function better (*Revitalize*, Nikken Living Well Magazine, May 2006). Listen to your body. If it is tired, rest it! A power nap does wonders, whether it is in your bed, in your car, in the restroom, whatever. You will feel better and get more done when you take care of yourself.

Now, go forth and sleep!! (and feel good about it!)

[Better Sleep Now](#)

### **Delaware Holistic Health Expo**

Mark your calendars for March 10, 2007!! Chris Sopa International, Inc. and Life Time Expos and Events are presenting the **Delaware Holistic Health Expo** at the Chase Riverfront Center, **March 10th from 10am - 4pm.**

Register to attend or be a vendor or sponsor NOW!!!

**[REGISTER NOW!!!](#)**

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The most valuable asset of any organization is their employees. At **Chris Sopa International, Inc.**, through our workshops, seminars, keynotes and wellness coaching, we help your organization decrease stress, decrease health insurance costs, increase productivity and promote a positive and productive corporate culture. Please

visit our website for a full listing of customized workshops and seminars we offer to help the members of your organization succeed.

#### UPCOMING EVENTS:

**June 29, 2006**, *Wellness Preview*, Hawthorne Suites, Newark, DE 7:00-8:00pm.

**July 31, 2006**, *Cold Calling Tele- Seminar*, 7:00-8:30pm.

**September 26, 2006**, *Making the Most of Your Time Tele-Seminar*, 7:00-8:30

**September 30, 2006**, *Building Your Self- Esteem*, Hawthorne Suites, Newark, DE, 9:00- 12:00pm.

Be well,



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## Free Wellness Coaching

If you are battling any wellness challenges in your life such as trying to reduce stress, better managing your time, low self-esteem or just simply lack of good self-leadership skills, see if one on one coaching is for you. This coupon entitles you to a FREE 1/2 hour session with Chris Sopa to "test ride" if coaching will help you overcome the obstacles preventing you from feeling the way you want to feel. If you chose not to use it, pass it on to a friend.

[What are some of the topics I can chose from?](#)

**Offer Expires: July 15, 2006**

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