

LET'S FEEL BETTER

NTIC Newsletter



YUCA APP

Overwhelmed reading labels? Use this app to scan food, drinks, and cosmetics and get clear feedback regarding their overall health score.

5 MINUTE BED STRETCH

These stretches can all be done in bed to help us wind down from a stressful day or to slowly wake our body up.

VEGGIE PASTA SAUCE

Making pasta sauce at home is easy and supplies you with a sauce that is vegetable packed while also having low sodium and sugar!

Importance of Sleep

Sleep is the foundation to wellness. Just like we need to eat and breathe, we also need 7-9 hours of *quality* sleep. Having quality sleep will determine how well you can function when you are awake.

When we get enough sleep, we will see the benefits of

- Improved memory, attention and performance of our daily activities
- improved focus, alertness, and reaction time
- Less irritability and better emotion regulation
- Maintaining a normal immune system and healthier body

What can I do to sleep better?

Movement! Exercise improves your mental health, tires your body, and can improve your sleep. Strive for 30 minutes a day for 5 days a week of moderate exercise. Check with your doctor for the best exercise routine for you.

Drink plenty of liquids during the day to avoid excessive liquids in the evening. Don't go to bed hungry or with a full stomach. Eat dinner two or more hours before bed, so your body has time to digest before you settle in for the night. Avoid caffeine in the afternoon. Try an herbal or low-caffeine tea or decaf coffee if you have the craving. Consult your doctor to determine if any medications could be interrupting your sleep.

Create a bedtime routine and make your room a calm zone. Try to use lamps and avoid overhead lights at least an hour before bed. Eliminate noise from your room and avoid screens. The blue light is known to disrupt your circadian rhythm. If you are a worrier, remind yourself that you cannot fix it now and will deal with it in the morning.

[Click here](#) to learn more about the importance of quality sleep.

National Month of Hope

Lend a hand and lift someone's spirits this month. We can give hope in various ways through time, effort, wisdom, money, experience, and kindness.

- Share sticky notes with a positive message
- Clean up a public area
- Spend time with seniors in your community
- Smile at everyone you pass
- Donate to a local organization
- Share a positive message on social media



How will you share **hope** this month?

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What is Wake Up and Learn?

This Geisinger program highlights the critical role sleep plays in healthy living at every stage of life.

- **Free educational videos and resources** are available on the program website to help answer the questions you have about sleep and why it's important.
- **Free sleep assessments** provide real time feedback on your sleep and identifies areas for improvement. You can then work with your doctor to get connected with the care you need to get more satisfying sleep and be physically, mentally and emotionally well.

Wake Up and Learn aims to help people improve their overall wellbeing by leveraging the power of healthy sleep. The feedback you receive when participating in this voluntary program is meant to support you in making decisions about your health.

Your confidentiality is important to the Wake Up and Learn team. Individual responses to the sleep assessments are not shared with your school. Only high-level, aggregate numbers are shared with your wellness program so they can identify areas where employees may need more support.

Find out more about Wake Up and Learn at [geisinger.org/wual](https://www.geisinger.org/wual)

How does it work?

Quick sleep check

Free on-line sleep assessments can be completed in minutes and let you know immediately if you are at high risk for a sleep problem.

Scan this QR code to take the survey on your phone



Sleep specialist review

If the initial sleep assessment show there is room to improve your sleep, you have the opportunity to complete a more detailed on-line sleep survey. Your responses will be reviewed by a sleep specialist.

Personalized feedback

After taking the detailed sleep survey, you will receive a personalized recommendation letter outlining potential sleep problems and common methods for diagnosis and treatment. Although we encourage you to share this information with your doctor, there is no obligation to seek care based on this feedback.

Help connecting with care

The Wake Up and Learn team will provide you with a list of sleep specialists in your areas if you are interested in pursuing care.

Free tools and education

Educational resources and sleep-related health tools are available on the Wake Up and Learn website and during periodic presentations and events.

Health Advocate

NTIC is committed to helping our employees focus on their well-being. We've partnered with Health Advocate to offer you expert tools, resources and a reward to help you thrive!



Start date:
June 1, 2023

Complete activities
that will help you thrive

Deadline to earn points:
May 31, 2024

Feel good knowing you've
earned a reward

Well-Being Reward Details

The NTIC Health & Wellness Program can help you take charge of your health and improve your well-being.

There are two award levels:

Silver: Earn 350 points to receive a \$175 reward

Gold: Earn 550 points for the maximum \$275 reward

Well-Being Reward & Program Eligibility

NTIC Wellness Program incentive reward is available to all employees and spouses enrolled in the school district's health insurance. Dependents age 18+ can utilize the wellness program features, but are not eligible for the reward.

No matter your goals, Health Advocate can help guide you toward increased well-being through our four pillars.



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