

THE HONEYCOMB

Faith Community Nursing Newsletter - Sheboygan eFree Church



*Gracious words are like a honeycomb, sweetness to the soul
and health to the body. Proverbs 16:24*



Fall Wellness Tips

The fall season is here! While the cool, crisp air and leaves changing color may be a wonderful time of the year - it's important to remember that the change of seasons may be a challenging time for our health. Here you can find some tips for staying well this fall.

1. Schedule yearly check-ups

Make sure the whole family is healthy by scheduling your yearly physicals and checking up on any chronic health conditions.

2. Prepare for cold and flu season

It always sneaks up on us, but cold and flu season is here. Keep yourself and those around you safe by remembering that washing your hands is an important part of stopping the spread of cold and flu. Remember to cover your mouth and nose when you cough or sneeze. If you don't have a tissue, sneeze into the crook of your elbow. Everyone around will thank you!

3. Get outdoors and get active

Before the dark, cold winter months set in, getting outdoors is an important part of our overall health. Taking walks, playing games outdoors, or doing yard work is a great way to get our hearts pumping, and reap the mental-health-boosting benefits of fresh air!

For more health and wellness tips, you can check out the CDC's website at www.cdc.gov/chronicdisease/resources/infographic/healthy-fall.htm. The FCN staff prays that the Lord blesses your health this fall season!

~ Andrea Meerdink, LPN

FCN IS HERE FOR YOU

Promoting health wellness among our church family is an important aspect of FCN. We want to help you navigate the world of medicine - whether it be long-term care, a recent diagnosis, or preventative health.

If you have questions or concerns, Kristie Ahlborg, our FCN Coordinator, maintains office hours at the church on Wednesdays, 10:30am-12:30pm.



A Guide to Sleep Problems

What are sleep disorders?

These are conditions that affect how much or how well you sleep. Causes range from poor habits to a variety of medical problems, but all disrupt your sleep cycle. Not getting enough sleep is a serious problem that can threaten your health and safety.

The dangers of not enough ZZZ's

Every part of your life can be affected! Research links sleep deprivation to car accidents, relationship troubles, poor job performance, on-the-job injuries, memory problems, and mood disorders. Recent studies are linking sleep disorders to heart disease, obesity, and diabetes.

Symptoms of a sleep disorder:

- Feeling very sleepy during the day
- Trouble falling or staying asleep
- Snoring
- Brief and often pauses in breathing (called apnea)
- Restless or uncomfortable legs

The sleep cycle

There are two forms of sleep, REM and non-REM sleep (REM=rapid eye movement). Dreaming occurs in REM Sleep, REM takes up about 25% of your sleep and usually occurs in the morning. Non-REM sleep has 4 stages from light to deep. Sleep disorders generally disrupt your normal cycle and keep you from getting a good night's rest.

How much sleep is needed?

- 12-15 hours for infants
- 11-14 hours for ages 1-3
- 10-13 hours for ages 3-5
- 9-11 hours for ages 6-13
- 8-10 hours for ages 14-17
- 7-8 hours for adults

(Note that some adults do fine on as little as 5 hours while others require 10. Also, illness or injury requires more sleep.)

What is insomnia?

First, it's normal to have trouble sleeping once in a while. But when the problem persists night after night, it is insomnia. Victims often complain of lying awake for hours, early awakening, inability to fall back asleep, and repeated awakening throughout the night. Insomnia affects 1/3 of the U.S. population at one time in their lives, making it the most common sleep disorder.

What is poor sleep hygiene?

These are bad habits before bedtime and contribute to poor sleep. Examples include: drinking caffeine products in the afternoon or evening, having a varied bedtime, eating heavy foods at night, falling asleep with the tv on, or "using" your phone or laptop in bed.

Medical Conditions

Here are a few health conditions linked to sleep troubles:

- Arthritis
- Heartburn
- Chronic pain
- Asthma
- COPD
- Heart failure
- Thyroid problems
- Sleep Apnea
- Neurological disorders (Stroke, Alzheimer's, Parkinson's)
- Restless Leg Syndrome
- Narcolepsy
- Pregnancy
- Menopause
- Shift workers and frequent flyers can develop a circadian rhythm disorder

A few tips to help achieve quality sleep:

- The same go-to-bed and get-up times
- An environment that is quiet, cool, dark and comfortable
- Clean sheets and a clean body (and a tidy room and made bed!)
- No pets on the bed (sorry!)
- Regular exercise
- Avoid eating 3 hours before bedtime
- Melatonin (if your trouble is falling asleep)

Sweet Dreams!! ~ Dr. Jeff Lynds

Information taken from WebMD



Annual Fall

BLOOD DRIVE

Every 2 seconds someone in the United States needs blood. Share the gift of life.

DONATE

Plan to be with us on Wednesday, November 30 between 8am and 12pm to donate. Every donation can save up to three lives!

We will once again be working with The Community Blood Center which will have its Mobile Blood Donation Center parked in the East Lot for participants that day.

To register and choose your donation time, visit:
https://donate.communityblood.org/donor/schedules/drive_schedule/35493