

Dream on...Why Sleeping is so Important



1. We Really do Need Sleep!

- 24 Hours of sleeplessness makes a person as impaired as having a 0.10% Blood Alcohol Concentration. (Legally Drunk)
- A week of 5-hour sleep nights also leaves a person in this “sleep drunk” state, according to a Harvard study.
- On Average, people sleep 20% less than they did 100 years ago.
- 1/5 of car accidents involve driver sleepiness.
- The number of car accidents decline when daylight savings yield an extra hour of sleep.
- A recent study found that 4 US companies lost \$1,967 in productivity per year per sleep-deprived employee.

2. What Happens When We Sleep, Anyway?

Stage 1 (5-10 minutes)

- Very light sleep, easily awoken, muscle activity slows, sometime a sensation of falling.

Stage 2 (20 minutes)

- Body temp decreases, heart slows, brain movement slows with occasional burst of rapid movement interspersed (called sleep spindles).

Stage 3 (transition to deep sleep)

- Extremely slow brain waves (delta waves) interspersed with smaller, faster waves.

Fun Facts on Skin

- It's your body's largest organ.
- The main purposes of the skin is to regulate body temperature, produce Vitamin D and protect the body.
- Skin renews itself every 28 days.
- In a lifetime the average person sheds enough skin cells to fill an entire 2 story house.
- Skin is the thickest on the soles of the feet and thinnest on the eyelids.
- Lips are red because the skin on lips is very thin and blood vessels show through.
- Dead skin accounts for a billion tons of dust in the atmosphere.
- White skin appeared just 20,000 to 50,000 years ago, as dark-skinned humans migrated to colder climates and lost much of their melanin pigment.
- Skin color is caused by Melanin which also protects us from UV rays.
- The skin emits up to 3 gallons of sweat per day in hot weather.



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Stage 4 (30 minutes)

- Delta sleep: deep sleep, difficult to wake up from, very little eye movement, most likely phase for sleepwalking to occur in.

Stage 5 (10 minutes to an hour)

- REM Sleep: Rapid, shallow, irregular breathing eyes moving rapidly, muscles temporarily paralyzed. Brain waves increase to the same as awake levels. Heart rate increases, blood pressure rises, body ceases to regulate temperature. This is when most dreams occur.

3. More on REM Sleep (Rapid Eye Movement)

- REM Sleep only accounts for 25% of total sleep
- REM Sleep kicks in about 70-90 minutes after falling asleep.
- When people are awoken during REM they usually can remember their dreams.
- Muscles are temporarily paralyzed because production of three chemicals is blocked:
 - Nor epinephrine
 - Serotonin
 - Histamine

Kids Zone

Why play sports? You might say “to get exercise” and you’d be right. To have fun? That’s true, too. But there’s more. In fact, there are at least 4 more reasons. According to the Women’s Sports Foundation, girls who play sports get a lot more than just fit.

1. Girls who play sports do better in school. You might think that athletics will take up all your study time. But research shows that girls who play sports do better in school than those who don’t. Exercise improves learning, memory, and concentration, which can give active girls an advantage in the classroom.

2. Girls who play sports learn teamwork and goal-setting skills. Sports teaches valuable life skills. When you’re working with coaches, trainers, and teammates to win games and achieve goals, you’re learning how to be successful. Those skills will serve you well at work and in family life.

3. Sports are good for a girl’s health. In addition to being fit and maintaining a healthy weight, girls who play sports are also less likely to smoke. And later in life, girls who exercise are less likely to get breast cancer or osteoporosis.

4. Playing sports boosts self-confidence. Girls who can play sports feel better about themselves. Why? It builds confidence when you know you can practice, improve, and achieve your goals. Sports are also a feel-good activity because they help girls get in shape, maintain a healthy weight, and make new friends.



Summer Recipe Tortilla Rollup

Ingredients:

- 1 (8 ounce) package cream cheese, softened
- 1 cup sour cream
- 1 (1 ounce) package dry fiesta-style ranch dressing mix
- 1 cup chunky salsa
- 1-1/2 cups shredded cheddar cheese
- 10 (10 inch) flour tortillas

Cooking Instructions:

1. In a medium bowl, mix the cream cheese, sour cream, fiesta-style ranch dressing mix, chunky salsa and cheddar cheese. Spread even amounts of the mixture onto the tortillas. Roll tortillas and chill in the refrigerator until ready to serve.

To serve, slice the chilled, rolled tortillas into 3/4 inch slices and arrange on a large serving platter.

