

## Health Notes

### SLEEP - ARE YOU GETTING ENOUGH?

Recent research in the area of sleep has determined that as many as two-thirds of Americans lack enough sleep. Over time, inadequate sleep can lead to stress, depression, mental and physical exhaustion. We know that when we are not well rested, we do not perform at our best. Most adults need seven to eight hours of sleep each night, although many may need as few as five hours or as much as 10 hours of sleep daily. Children need even more sleep per 24 hour day. Both children and adults can use naps to get the total number of hours of rest they need. The focus here is for

adults to meet their need for rest.

Lack of sleep can be caused by many factors. Some are within our control while others are not. Life changes such as moving, taking a new job or assignment at work, going on vacation, marriage, and pregnancy cause us to worry rather than sleep when we go to bed. Parents of young children know that, until the children sleep soundly through the night, the parents will not be able to either.

As we age, our sleep habits can change, causing less restful sleep. Some medications alter sleep patterns and depression can lead to sleep rhythms being disturbed. Medical providers should be consulted

when sleep problems begin to interfere with functions of daily living.

Is your sleep account overdrawn? Consider your sleep habits. Your body has a regular rhythm. Your body and your brain will tell you when they need rest. Use this information to set a regular going-to-bedtime and a regular getting-up-time. Keeping this simple routine helps your body have the energy it needs every day. Sleep cannot be stored. Bodies need rest on a regular basis.

Most people find that the conditions of the room are important to sleeping well. Usually, people want the room dark, cool and quiet. Window coverings, fans, and noise blockers can be used to achieve these requirements when needed.

Some people use naps to get the extra sleep they need. Experts in the field of sleep suggest limiting an adult nap to less than 45 minutes and taking it before 4:00 p.m. to be able to get a full night's sleep.

Watch what you eat and drink in the evening. High protein, caffeine, and high sugar foods can keep you awake. Liquids can cause you to have to get up in the night.

Exercise earlier in the day can help you rest at night. Generally, people find that they

need to complete the exercise from three to six hours before trying to go to sleep.

Avoid excitement before bedtime. This is not the time to begin thinking about the big project at work or open the statement from your stock broker. Instead, try reading, taking a warm bath or shower, or other routines to relax before bedtime.

When traveling, try to keep your normal eating and sleeping routine. You may find it easier to adjust to a different time zone by adjusting going-to-bedtimes and waking-times before you leave home, to be the

same as your destination. Some people plan for a day of rest after a long trip to let their bodies adjust to the changes.

Rest is the reward for good sleep habits. All work, at home and on the job, is easier when a person is rested. Are you getting enough sleep? If these suggestions do not help improve the quality of rest, it may be time to schedule an appointment with your family doctor to examine other options for getting the rest you need.

*Source: Jinny Hopp, Human Development Specialist, Jasper County University of Missouri Extension*

## LOCAL BUSINESS SERVING LOCAL BUSINESS

### WAUNA OFFERS MONEY SAVING FINANCIAL SERVICES TO LOCAL BUSINESSES!

- BUSINESS CHECKING - *A REAL MONEY SAVER*
- SAVINGS AND INVESTMENTS
- RETIREMENT OPTIONS
- BUSINESS LOAN SERVICES
- VISA MERCHANT
- FREE SERVICES - *CASH AND COIN ORDERS, NIGHT DROP, FEDERAL TAX DEPOSITS, DRIVE THRU, HOME BANKING AND BILLPAY*

ASK FOR THE DETAILS TODAY!



**Wauna Federal Credit Union**

*Your hometown financial solution*



800-773-3236 [www.waunafcu.org](http://www.waunafcu.org)

Astoria Clatskanie St Helens Vernonia Warrenton  
325-1044 728-4321 366-1334 429-8031 861-7526

\* Must be eligible to join. Businesses and other legal entities operating in Clatsop and Columbia counties are eligible to become members. Members must apply and be approved for checking accounts and loans. Some restrictions may apply. WFCU is federally insured by NCUA and is an equal housing lender.

## M-B Health Fair in Mist serves 100



Mary Crawford, left, a Mist resident and R.N. at St. John's Hospital in Longview, spent several hours providing cholesterol and glucose level screenings for attendees at the Mist-Birkenfeld Health Fair.

Approximately 100 people took advantage of a free health fair in Mist last month, to have their cholesterol, glucose levels and blood pressure checked. They also enjoyed chair massages and gathered information from a variety of providers.

The fair was arranged by the  
Please see page 25

# BANKS PHARMACY

## NEW OWNERSHIP

**Come meet Mark Sargeant, RPH**

*Full-service pharmacy with hometown service!*

10am to 6pm Monday - Friday  
10am to 2pm Saturday

*Most major insurance plans accepted*

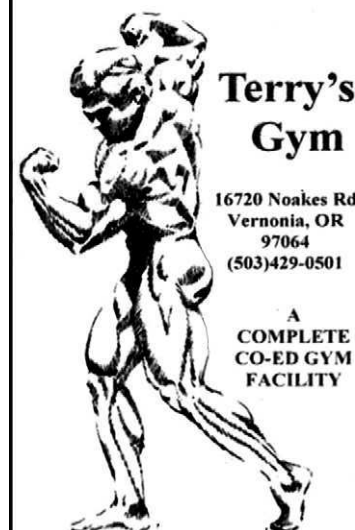
Located at Oak Village Center  
in Jim's Thriftway

**503-324-5780**

**503-324-5410 (FAX)**

[bankspharmacy@yahoo.com](mailto:bankspharmacy@yahoo.com)

040506



**Terry's Gym**

16720 Noakes Rd  
Vernonia, OR  
97064  
(503)429-0501

A  
COMPLETE  
CO-ED GYM  
FACILITY