

# Wellness Wednesday

**Level Up**  
Elevate your total wellbeing.

OHRM Office of Human Resources Management



## ZZZ...SOLVES EVERYTHING

Spring is coming, which means beautiful weather, outdoor activities, blooming flowers and extra daylight. But with the extra daylight, also comes *losing* an hour of sleep. For many of us, adjusting to the new time can make it difficult to spring forward. According to the National Sleep Foundation's [Annual Sleep in America poll](#), the 2020 results reveal that Americans feel sleepy on average three times a week, with 62% trying to "shake it off" as their primary response. Did you know that sleep is just as important as eating healthy and exercising? Poor sleep can be linked to weight gain, inflammation in your body, as well as increasing your risk for heart disease and stroke, and other risk factors.

[The National Sleep Foundation](#) wants to help you restore your sleep by celebrating **Sleep Awareness Week – March 8 to March 14**. The annual Sleep Awareness Week celebrates sleep health and encourages the public to prioritize sleep to improve their overall health and well-being. Here are a few tips to give your body the rest it needs:

- **Exercise regularly** – but not before bed
- **Relax and clear your mind** – read a book or listen to some soothing music
- **Avoid eating at least 4 hours before bedtime**
- **Take a relaxing bath or shower**
- **Refrain from drinking any liquids at least 2 hours before bedtime**
- **Make sure you have a comfortable bed, mattress and pillow**
- **Set the room temperature to a cool and comfortable setting**
- **Keep your room dark** – adjust those blinds and curtains
- **Put your phones down, turn off the tv and unplug**

Make sleep a priority—strive for optimal health and sweet dreams.

## NUTRITION WEBINARS

Are you generally curious about nutrition, healthy eating habits, and how to maintain a healthy body weight with food? We've got you covered with these free webinars dedicated to nutrition.

- **WEBINAR: Keeping a Healthy Weight, Wed., March 11 at 11 a.m.** ([Register](#))  
*Tap into your personal motivators and consider your readiness to make a behavior change that supports weight management.*
- **WEBINAR: Healthy Eating and You, Wed., March 18 at 12:30 p.m.** ([Register](#))  
*Learn what a healthy plate looks like and how to plan a healthy diet.*
- **WEBINAR: Nutrition, Just the Basics, Wed., March 25 at 12 p.m.** ([Register](#))  
*Learn basic nutrition principles and how to make smart choices from each food group. Understand the importance of water, fat, dietary carbs, and protein.*

After registering for a webinar, remember to add it to your calendar. You'll receive a reminder via email two days before the webinar. Visit [princegeorgescountymd.gov/levelup](http://princegeorgescountymd.gov/levelup) and click on Events and Webinars for more activities and information.

**KNOW YOUR  
NUMBERS**

### Register for your FREE screening and receive a \$25 gift card\*

Your health is important—and so is your time. Take a few minutes to get a snapshot of your current health status and you could receive a \$25 gift card. Visit [princegeorgescountymd.gov/levelup](http://princegeorgescountymd.gov/levelup) for details on the **Know Your Numbers** campaign and to register for your screening.

\*The first 1,000 Prince George's County Government employees to register for and receive a screening during the Know Your Numbers campaign will receive a \$25 gift card.

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