

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.

Did you know that sleep is just as important as eating healthy and exercising? Poor sleep can be linked to weight gain, increased inflammation in your body, 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 14 to March 20. Sleep Awareness Week celebrates proper sleeping habits 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 ZZZs it needs:

- **Exercise regularly** – but not too close before bedtime
- **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. Getting a good night's sleep, especially during the pandemic, helps boost the immune system and should be an important part of your daily routine, along with healthy eating and staying physically active.

Additional Resources

- [The Centers for Disease Control and Prevention](#)
- [National Sleep Foundation](#)

National Nutrition Month: Webinars Start at Noon Today

Whether you need to make the switch to a healthier diet or are looking for more tips to help you maintain healthy choices, register for these upcoming webinars below. Each webinar is geared to help lead you in the right direction to a healthy diet and lifestyle.

- **WEBINAR: The Powers of Produce, March 10 at Noon** ([Register](#))
Learn why mom was right about the amazing properties in eating your fruits and veggies. This webinar will discuss antioxidants, phytochemicals, and how to make sure you're getting enough of the good stuff in your diet!
- **WEBINAR: Portion Distortion, March 17 at 11 a.m.** ([Register](#))
Do you know how today's portions compare to portions available 20 years ago? Learn what true portion sizes really are, and the amount of physical activity required to burn off the extra calories provided by today's portions.
- **WEBINAR: Jumpstart Your Metabolism, March 24 at Noon** ([Register](#))
How does metabolism work? What can you do to boost it to higher levels and lose weight? Learn tips to increase your metabolism naturally and without the use of supplements.
- **WEBINAR: Supermarket Savvy, March 31 at Noon** ([Register](#))
What goes in your cart goes in your body! What is the relationship of food, diet & health? Learn how to shop smart by reading food labels for healthy food choices & making easy shopping substitutions.

After registering for a webinar, remember to add it to your calendar. And, in order to help you eat well and be well all month long, **Level Up will randomly give away \$25 Panera Bread gift cards weekly** to those who send [Level Up](#) pictures of how they are honoring or celebrating National Nutrition Month!

Office of Human Resources Management
Level Up – Employee Wellness Program
1400 McCormick Drive, Suite 245
Largo, MD 20774
LevelUp@co.pg.md.us

