

Sleep apnea can rob you of more than a good night's rest

Michele Mariscal, SIA Prevention Specialist

Sleep apnea is a potentially serious disorder that causes repeatedly interrupted breathing during sleep. Signs of sleep apnea are loud snoring and fatigue, even after a full night's sleep. Difficult nighttime breathing may go unnoticed by those affected and sleep apnea is most often recognized by others.

There are two main types of sleep apnea: obstructive (OSA) and central (CSA). Obstructive sleep apnea occurs when the throat muscles relax and fail to keep the airway open. It's the most common form. Central sleep apnea is when the brain doesn't send the correct breathing "signals."

Sleep apnea can cause fragmented sleep and low blood oxygen levels, which in turn can lead to serious complications, including heart problems, stroke, liver problems, daytime fatigue and high blood pressure, not to mention cranky partners kept awake by snoring and other noises. Sleep apnea also increases the risk of drowsy driving.

The best care you can get for sleep apnea is self-care. Begin by making lifestyle changes, such as:

- **Losing weight**
- **Exercising**
- **Avoiding alcohol and sleeping pills**
- **Sleeping on your side**
- **Keeping nasal passages open at night.** (Nasal wash, saline spray or nose strips can help.)
- **Quitting smoking**
- **Eliminating foods you may be allergic to, such as wheat and dairy.** (Try three weeks without these foods, and then observe what happens when you add them back to your diet.)



March is National Sleep Awareness Week

What can a doctor do?

When you first meet with a doctor, bring a record of your sleep patterns and fatigue levels throughout the day. Include any other symptoms you may be having, such as those observed by others as you sleep. A common method of diagnosis is a sleep study, which may require an overnight stay at a sleep center to monitor a variety of body functions as you sleep. Based on the results, the doctor may recommend one of the following treatments:

- **Continuous positive airway pressure (CPAP)**

A popular treatment for obstructive sleep apnea is a device referred to as a CPAP, which is a pressurized mask worn over the nose while sleeping. A small pump pushes the air through the airway and keeps it from collapsing. It's important to follow a doctor's directions when using a CPAP.

- **Bi-level positive airway pressure (BPAP)**

BPAP, used for central sleep apnea, utilizes a higher pressure during inhale and then adjusts to a lower pressure during exhale.

- **Adaptive servo-ventilation (ASV)**

A newer treatment device, ASV tracks regular breathing patterns and keeps the information in a small computer. It uses pressure to normalize breathing patterns and prevent breathing pauses. This is best used for central sleep apnea.

Adequate sleep is essential to maintaining health. Consult a doctor if you're routinely unable to get a good night's rest.

Source: Health Coach Group



- Lighten loads before lifting
- 'Editing' is better than dieting

Save your back with sensible-size loads and careful carrying

Learning how to lift and carry loads properly may be the most important way to protect yourself from injury on the job. No matter what your size or strength, knowing the proper lifting techniques makes your job easier and safer. Following are some pointers on what to do (and what not to do):

Plan the lift

- **Evaluate the object for weight and bulk.** Determine if it's just too cumbersome to carry. For example, can you see around it?
- **Check to see** if the object's weight is evenly distributed and stable.
- **Look to see** if there are sharp edges or protruding nails or screws.
- **Review your route** and choose a flat, straight path clear of items that could cause tripping or slipping. Also, check to see that the unloading area is clear.

Lift with a plan

- **Stand close** to the object with your feet apart for balance.
- **Bend your knees and lower yourself** into a squatting position; keep your back straight.
- **Grip the object firmly with your hands**, including your palms, and not just your fingers.
- **Tighten your stomach muscles and**, with your back straight, lift with your leg and thigh muscles, not your back muscles. Pivot around your hip joint. Move slowly, as jerky motions strain muscles.
- **Keep the load close to your body** as you move and keep your elbows tucked in.
- **Move slowly and carefully.** If you have to turn, move your feet first then bring your hips and shoulders around. *Do not twist*; keep your shoulders and feet facing forward at all times.
- **Face the unloading area and bend your knees to bring the object down.** Keep your fingers clear of the bottom. Place the object down near your feet and push or slide it into place. *How you put down the load is as important as how you pick it up.*
- **Split large loads** into smaller, easier-to-manage loads.
- **Carry long loads** on a shoulder with the front end high.
- **When transferring objects**, try to use a pallet or table so you're lifting at waist height.
- **Use carts and hand trucks whenever possible.** And never hesitate to ask others for help.



'Edit' what you eat instead of dieting

Lyn Poll, M.S., SIA Prevention Services

Have you ever started a diet program and then quit? If you answered yes, you're not alone. Many people start diets but stop when they get bored or don't see fast results.

The word "diet" takes on many different meanings depending on whom you ask. For some, it's a way to lose unwanted pounds quickly; for others, it's a form of torture or a means of reversing all the "guilty pleasures". However, if food brings you pleasure, then why should you feel the need to give it up? No one should feel guilty about enjoying life, and food should remain a "healthy pleasure" and not a "guilty" one.

According to author and certified holistic health coach Melanie Young, having a healthy body is simply doing the MATH:

Move your body. Being sedentary for long periods of time is not healthy.

Add fresh, wholesome, nutrient- and fiber-rich foods to your daily

meals. These are the "goods" that make your body work better for you.

Trim down your portions and don't reach for seconds. Also, enjoy, yes enjoy, the foods that are not always the best for us in moderation.

Hydrate. Drink more water. For every glass of wine, drink at least one glass of water. Your skin, tummy and intestines will thank you.



(continued on page 3)



Good communication starts with effective listening

Positive communication is essential to establishing and maintaining a healthy work environment. Employees who communicate well with one another are more productive, feel good about their work, and interact better with coworkers, parents and supervisors. If communication in your workplace is difficult, there may be some barriers that have been created. Here are some potential communication barriers and how you can overcome them:

1. **Not listening** – There are several reasons for poor listening. Distractions, such as noise or being involved in another activity, are examples. Consider asking the person talking to you to wait for a better time so you can fully focus on the conversation. Not listening may also be a result of having a difference of opinion. In this instance, pause and listen to the other party's thoughts and then repeat what you hear before responding. This will give you the opportunity to really process what is being said.
2. **Making assumptions** – We often make assumptions to speed up a process or task and then find out we were wrong. Have patience, take the time to get the specifics and ask questions.
3. **Body language** – Non-verbal signals have the potential to block effective communication. Raising your arms, waving your hands or shaking your head may all be interpreted as negative. Be aware of your own body language and how others respond to it.
4. **Ineffective questions** – We sometimes ask questions that lack details. To better clarify, use open-ended questions that ask who, what, where, when, why and how.
5. **Languages and cultures** – All cultures have beliefs and customs. When we work solely from our own cultural beliefs, communication barriers can be created. Differences in languages can also make effective communication difficult. Take time to learn about your coworkers' differences. Communication will be better and your knowledge will expand.



*Did you know
that you can access our newsletters
on our website?
Visit www.sia-jpa.org.*

'Edit' what you eat instead of dieting

(continued from page 2)

Instead of "dieting", think in terms of "editing" the foods you eat. Simply put, focus on being selective about what you eat and how you eat, rather than eliminating everything you enjoy. Think about the quality and quantity of what and how much you're putting into your body. Enjoy, but don't overindulge. Expend as much energy moving as you do eating and your body (and you) will be much happier.

It's matter over mind. If it really matters to you to stay healthy and eat better, you'll put your mind to it.

Resource: Young, Melanie. "Forget 'Diet'—Instead, 'Edit'"; Huffington Post, January 20, 2015



- WeTip's deterrent factor
- Celebrate happiness

Pursue some happiness on April 13

Thomas Jefferson was born on April 13 and is the author of the famous "pursuit of happiness" line in our Declaration of Independence. Because April is also National Humor Month, it seems appropriate to also celebrate those things that make us happy. In other words, think of April 13 as Pursuit of Happiness Day and plan to do things that amplify your happiness and set your path to a happier future for you, the people you love and your community.



For ideas on creating a celebration, visit www.humormonth.com and www.gnhusa.org.



QUOTE TO NOTE

"May misfortune follow you the rest of your life, and never catch up."
— Irish proverb

WeTip's deterrent factor works

A quality feature of having the WeTip program in our schools is the deterrent factor. In many cases, just the awareness of the *possibility* of being reported for committing crimes is enough to prevent those crimes from happening. Incident rates have decreased by as much as 90 percent in targeted areas where WeTip has been aggressively promoted and utilized.

Remember to place the free WeTip posters around your campus to promote the program. Change the posters and the locations of the posters frequently so they can be more readily noticed. SIA also has free wallet cards and magnets for distribution to students, staff and campuses.

For more information, contact your district's WeTip liaison or Teresa Franco at tfranco@sia-jpa.org.



The material in this newsletter should be part of your Injury and Illness Prevention Plan (IIPP).

Keep a copy of this newsletter in your IIPP binder and be sure all employees receive a copy.