



**Dr. O in the Know**

*Suggestions for being all you can be!*  
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Being the Energizer Bunny® that I am, I frequently pull late nights between work, home and family needs. I like to think that I am maximizing my brain power by being able to multitask through the day and night!

As my 16 year old will tell you, however, studies show that multitasking is a myth and that Momma is not so calm and collected after pulling a few weeks of “short-nighters” with little sleep!

Sleep is a state of unconsciousness in which the brain is relatively more responsive to internal stimuli than external, as well as to neurochemicals. The brain gradually becomes less responsive to noise, sounds and other stimulation as the body transitions to sleep.

Normal sleep is divided into non-rapid eye movement (NREM) and rapid eye movement (REM) sleep. NREM is further divided into three stages of progressively deeper sleep. The goal is to reach — and maintain — the second and third levels of NREM sleep for a prolonged period of time within the cycles. External and internal stimuli, however, can inhibit the normal functioning of sleep, leaving one tired, irritable and discontent.

Sleep hygiene techniques — like the ones in this newsletter — are helpful tools for a successful night’s sleep. If you have difficulty falling asleep (I usually give it 15-20 minutes), get out of bed and do something else for about 20 minutes, then try again.

You may even have fallen asleep reading my little column.....



*Get Healthy • Live Healthy*

# Be Healthy

## Sleep Does a Body Good!

According to the Centers for Disease Control and Prevention (CDC), more than one-quarter of the U.S. population report occasionally not getting enough sleep, while nearly 10% experience chronic insomnia. Sleep is a vital component of overall health. According to most experts, most adults need between 7 to 9 hours of sleep each night. The CDC reports that more than one-third of all adults report getting less than 7 hours of sleep per night. Insufficient sleep is associated with chronic diseases and conditions such as diabetes, cardiovascular disease, obesity and depression. Having good sleep practices is important to getting a good night’s sleep.



**Here are a few tips:**

- Get into a routine. Go to bed at the same time and get up in the morning at the same time.
- Regular physical activity can help promote good sleep. However, avoid vigorous exercise a few hours before bedtime.
- Don’t eat a large meal before going to bed. Have a light snack if you are hungry.
- Avoid caffeine, nicotine and alcohol at least 4 - 6 hours before bedtime.
- Your bedroom should be a quiet, dark and relaxing environment. Keep the temperature comfortable: neither too hot nor too cold.
- Avoid watching TV or working on the computer before bedtime. Remove televisions, computers and other electronic devices from the bedroom.

## Be Healthy Recipe

### Garden Turkey Meatloaf

**Prep time** 10 minutes    **Cook time** 55 minutes    **Yields** 4 servings    **Serving Size** 2 slices meatloaf

Nutritional information per serving:	
180 Calories	368mg Sodium
2g Fat	406mg Potassium
0g Saturated Fat	50% Vitamin A
17g Carbohydrate	15% Vitamin C
2g Fiber	10% Calcium
25g Protein	15% Iron
34mg Cholesterol	

Percent Daily Values are based on a 2,000 calorie diet.

**Glaze**

- 1 tablespoon ketchup
- 1 tablespoon honey
- 1 tablespoon Dijon mustard

**Meatloaf**

- 2 cups assorted vegetables, chopped — such as mushrooms, zucchini, red bell peppers or spinach
- 12 oz. 99% lean ground turkey
- ½ cup whole-wheat breadcrumbs (or substitute regular breadcrumbs)
- ¼ cup fat-free evaporated milk
- ¼ teaspoon ground black pepper
- 2 tablespoons ketchup
- 1 tablespoon fresh chives, rinsed, dried, and chopped (or 1 teaspoon dried)
- 1 tablespoon fresh parsley, rinsed, dried, and chopped (or 1 teaspoon dried)
- Nonstick cooking spray

1. Preheat oven to 350°F.
2. Steam or lightly sauté the assortment of vegetables.
3. Combine vegetables and the rest of the meatloaf ingredients in a large bowl. Mix well. Spray a loaf pan with cooking spray and spread meatloaf mixture evenly in the pan.
4. Combine all ingredients for glaze. Brush glaze on top of the meatloaf.
5. Bake meatloaf in the oven for 45–50 minutes. Needs to reach a minimum internal temperature of 165°F.
6. Let stand for five minutes before cutting into eight even slices.
7. Serve two slices on each plate.

*Source: National Heart, Lung and Blood Institute*

## Did you know?

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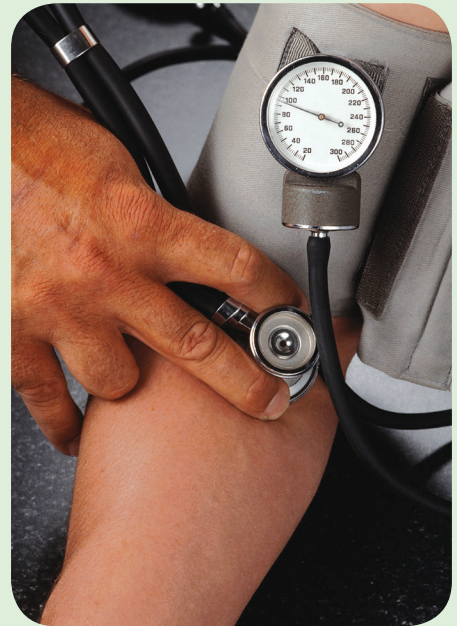
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## High Blood Pressure: What You Should Know

Sixty-seven million American adults have high blood pressure; that's one out of every three adults! According to the CDC, in 2013 less than half of people with high blood pressure took actions to control their condition.

If your blood pressure gets high and stays high, it can cause a number of health problems that include increasing your risk for strokes, aneurysms and chronic kidney disease. Chronic high blood pressure is sometimes called hypertension.

Visit [BeHealthy.com](http://BeHealthy.com) or talk to your doctor for more information on controlling your blood pressure.



## What Do The Numbers Mean?

Blood pressure numbers indicate the amount of force generated when your blood pushes against the walls your arteries with every heartbeat. A blood pressure measurement is usually written as one number over another, such as 120/80, and represents two measurements.

The first number is the systolic blood pressure measurement. This is the pressure when your heart squeezes blood into the arteries. The second number is the diastolic blood pressure measurement. It's the pressure when your heart fills with blood between beats.

Blood Pressure	Systolic		Diastolic
Normal	less than 120	and	less than 80
Prehypertension	120 – 139	or	80-89
<b>High</b>			
Stage 1	140 – 150	or	90-99
Stage 2	160 or higher	or	100 or higher



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