

## THE TRUSTEE

May 2019

SLEEP

**Q**uality sleep is as essential to survival as food and water. Sleep affects almost every type of tissue and system in the body — from the brain, heart, and lungs to metabolism, immune function, mood, and disease resistance. Research shows that a chronic lack of sleep, or getting poor quality sleep, increases the risk of disorders including: high blood pressure, cardiovascular disease, diabetes, depression, and obesity.

A person's need for sleep and sleep patterns change as they age but can vary significantly across individuals of the same age. Babies initially sleep as much as 16 to 18 hours per day, which may boost growth and development (especially of the brain). School-age children and teens on average need about 9.5 hours of sleep per night. Most adults need 7–9 hours of sleep a night. After age 60, nighttime sleep tends to be shorter, lighter, and interrupted by multiple awakenings. Elderly people are also more likely to take medications that interfere with sleep.

Healthy sleep habits can make a big difference in your quality of life.

### **7 TIPS TO IMPROVE YOUR SLEEP HEALTH**

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### **DREAMS**

Research shows that dreaming provides emotional first aid and enhances creativity and problem solving. Along with being a by-product of sleep, dreams serve their own purpose. They are subconscious imaginings that contain sound, images, and other sensations during sleep. REM (rapid eye movement), the deepest stage of sleep, cycles through our sleep several times during the night. It lasts from a few minutes up to a half hour.

SLEEP: Excerpted from ProActive

### **OPEN ENROLLMENT**

Open Enrollment for health and dental insurance will be held on Wednesday, June 5, 3-5pm, at the NYSUT Conference Center, 201 Stockade Drive, Kingston. Any eligible member who wishes to review other plan coverages and desires to change plans as of July 1, 2019 should attend.

IN MEMORIUM: Vincent Voerg | Mary Schantz | Gloria Deyo