



# Health Focus



August 2015: Sleep



Do you get the recommended 7-8 hours of sleep per night? Your brain and body need sleep to recharge and function at its best. Sleep affects your concentration, mood, appetite, blood pressure, and more. This in-depth article explains why we need good quality sleep and the importance it has on our health.

[Read \*The Power of Sleep\*](#)

## August 27th

Alexa will be doing a demo and providing food samples and information at the Health Table!

We all know we should get more sleep, but why does it seem so hard to fall asleep and stay asleep sometimes? Your daily and nightly habits have a great affect on the sleep and sleep quality you get. Make some simple changes today that can lead you to a better night's rest.



[Read \*37 Science-Backed Tips for Sleeping Better Tonight\*](#)

## Stop by CEAP's Health Table

Stop by CEAP's health table at the Brooklyn Center office for free handouts, recipes, and information on the monthly focus.



A new school year is around the corner and we need students well-rested so they can perform their best in school! Sleepiness correlates with falling grades, irritability, and behavioral and learning difficulties. Increased sleep for students means bright futures!

[Read \*Improve Your Child's Performance with a Good Night's Sleep\*](#)

## Featured Recipes

Walnut Crusted Tilapia and Blueberry Walnut Parfait

These foods can help you sleep and are healthy for you! Try the tilapia for dinner and the easy parfait for breakfast!

Click here for the recipe: [Walnut Crusted Tilapia](#)

[Blueberry Walnut Parfait](#)



## HEALTHY FUN FACT

The average human has 3-5 dreams per night.

## Worth the Read!

A study suggests not getting enough sleep ups our chances of heart attack and stroke. Read for more information and how important it is to get enough shut-eye.

[Read \*Poor Sleep May Raise the Risk of Heart Attack, Stroke\*](#)

