



NUTRITION & WELLNESS

Military Families Learning Network

RESOURCES

SLEEP AND THE RDN: INCORPORATING SLEEP EDUCATION TO REDUCE CHRONIC DISEASE RISK

Wed March 18th: 11:00 am-12:00 pm EDT

SleepFoundation.org How Does Sleep Study Work?

<https://www.sleepfoundation.org/excessive-sleepiness/diagnosis/how-does-sleep-study-work>

Human Performance Resources by CHAMP (HPRC) has released “**Get into Fighting Weight: A Total Force Fitness Guide**.” <https://www.hprc-online.org/> This guide will help providers and Military Service Members take an integrative approach to weight loss that is safe and sustainable. Designed with Military Service Members in mind, this guide will help them set their own goals to meet their service’s readiness standards. It is structured to prepare them to take on various challenges to improve aspects of health and performance that can impact their weight.

Highlights include:

- How to create a 7-day meal plan
- Sleep tracker to see which habits help and which ones harm sleep.
- How to set realistic goals to achieve your fighting weight
- Relaxation strategies to help manage your stress and your weight

Sleep and Stress Human Performance Resources by CHAMP (HPRC) <https://www.hprc-online.org/mental-fitness/sleep-stress>

Get into fighting weight: A Total Force Fitness Guide <https://www.hprc-online.org/total-force-fitness/fighting-weight#challenge-4>

Progressive muscle relaxation <https://alzheimers.med.umich.edu/wellness-initiative/>

Click on the “Meditations” tab for short (~5 min) guided meditations

Epworth Sleepiness Scale - measures excessive daytime sleepiness

https://www.edsandosa.com/tools-and-resources/screening/?gclid=EAlalQobChMI6tmrypXe5wIVS77ACh3EUAMkEAAYASAAEgKA-PD_BwE&gclidsrc=aw.ds

A later bedtime linked with obesity for children under 6, study says

<https://edition.cnn.com/2020/02/18/health/sleep-bedtime-obesity-kids-wellness/index.html>

SleepFoundation.org How Sleep Affects Your Immunity

<https://www.sleepfoundation.org/articles/how-sleep-affects-your-immunity>

Sleep Education (from the American Academy of Sleep Medicine): <http://www.sleepeducation.org/External>

National Healthy Sleep Awareness Project (from the American Academy of Sleep Medicine): <http://www.sleepeducation.org/healthysleepExternal>

National Sleep Foundation: <https://sleepfoundation.org/>

American Sleep Association: <https://www.sleepassociation.org/External>

National Heart, Lung, and Blood Institute-National Institutes of Health: <https://www.nhlbi.nih.gov/health-pro/resources/sleepExternal>

