

the buzz



May 2020

GOOD NIGHT, SLEEP TIGHT

As a kid, you resisted going to bed. Now that you're grown up, you set your own bedtime. But when it comes to how much sleep you need, your body still makes the rules. Sleep lets your body and brain restore so you're ready to go the next day. And, like a balanced diet and regular exercise, sleep is vital for a healthy lifestyle.

"If you're sleep-deprived, you're neglecting a major component of your health," says Tareq Abu-Salah, MD, a Sleep Medicine Specialist with BJC Healthcare. Sleep Medicine Specialists diagnose and treat patients with insomnia, sleep apnea, restless legs syndrome (RLS) and other conditions that disrupt sleep.

Most adults need about 7-8 hours of sleep every night, but ambitious schedules, stress and electronic devices make it easy to skimp on sleep. Too little sleep can affect mood, judgment, decision-making and concentration. Sleep deprivation also increases the risk for depression, diabetes, heart disease, high blood pressure, stroke and raises the likelihood of getting into an accident at work or behind the wheel.

Practice good sleep hygiene

Better sleep habits can help you get the rest you need. "One thing that will help you have a good quality of sleep is to have a fixed schedule for sleep, going to bed and getting up at the same time, and giving yourself 7-8 hours of sleep at night," says Dr. Abu-Salah. He also advises not changing your schedule on weekends, not sleeping in for longer than an hour on days off and avoiding naps during the day.

Here are some other tips:

- Limit caffeinated drinks in the afternoon and evening.
- Avoid drinking alcohol a few hours before bedtime, because alcohol may make you drowsy, but will later interrupt your sleep.
- Create a quiet, comfortable environment in your bedroom. Block out as much outside noise and light as you can.
- Build and keep a strong mental association between your bedroom and sleep. Don't watch TV, study, work or surf the internet while in bed. And if you find it hard to fall asleep right away, don't keep tossing and turning.



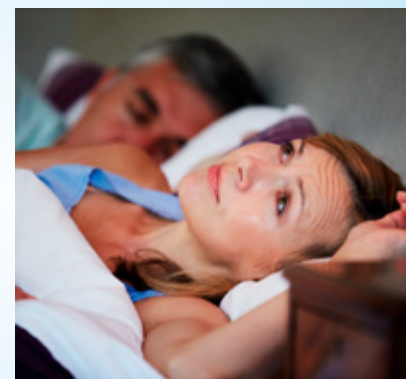
Trouble falling asleep?

Dr. Abu-Salah says, "One of the most important things we tell patients is, if they can't fall asleep within 15-20 minutes, instead of staying in bed with their mind racing from one topic to another, they need to get out of bed, go to a different room, sit down and read a book that they don't find exciting. Once they start dozing off, then they can go back to bed. This way, their mind connects the bed only with sleeping."

If you have problems going to sleep, staying asleep or staying awake during the day, even with 7-8 hours of sleep and lifestyle changes, talk to your doctor. If you are enrolled in the City's medical plan with Anthem Blue Cross Blue Shield, you can access a doctor online through LiveHealth Online. See the next page with more information.

Are over the counter (OTC) sleep aids safe?

There are many OTC sleep aids on the market. Sleep aids could interact with your medications or underlying health conditions. Before taking any of these, it is recommended that you speak with your primary care physician.



LiveHealth Online

A doctor or therapist by your side

LiveHealth Online is a service offered to employees covered under the City's medical plan through Anthem Blue Cross Blue Shield.

When your own doctor isn't available, LiveHealth Online can help you. See a board-certified doctor of your choice in minutes – just use the Engage app to access LiveHealth Online. All you need is a computer with a webcam, a smartphone or tablet with an internet connection.

You can get treated for a cold, the flu, allergies, a fever and more. If needed, you can even have a prescription sent to a pharmacy. LiveHealth Online is currently available for members at no extra cost through June 14, 2020. Use LiveHealth Online to avoid costly Emergency Room (ER) usage. It could cost you excess of \$500 for a visit to the ER.

FREE
LiveHealth Online is currently available for members at no extra cost through June 14, 2020



LiveHealth Online Psychology:

See a therapist from home

Make an appointment to see a therapist usually within four days or less. You must be at least 18 years old to see a therapist online.

Visit with a doctor 24/7

It's as easy as 1-2-3.

1. Log in or sign-up for the Engage app - use a smartphone, tablet or computer.
2. Choose a doctor - Review their profile and qualifications to select a doctor that fits your needs.
3. Feel better faster – Get advice, treatment options and a prescription if needed.

LiveHealth
ONLINE



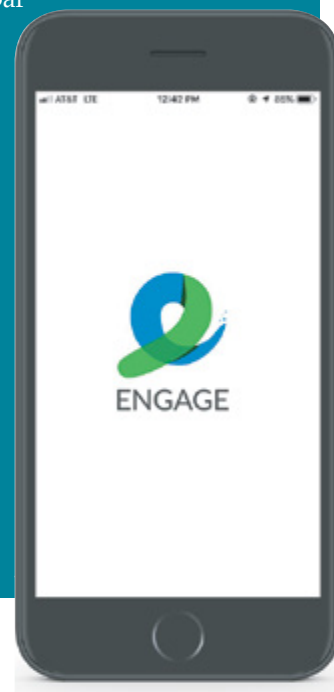
Anthem

Ready to get started?

1. Go to the Anthem Engage app. If you have not downloaded Engage, follow the directions below:
 - a) On your Apple device, open App Store. On your Android device, open Play Store.
 - b) Enter Engage into the search bar and select Download.
 - c) Once downloaded, the Engage logo will appear on your device.
 - d) Click on Register and follow directions.
2. Go to Engage home page.
3. Click on Benefits
4. Go to LiveHealth Online

No smartphone?

Engage is available online. Simply visit engage-wellbeing.com.



Provided by:
Department of Personnel and BJC HealthCare
for the BeeFit Wellness Program

For more information:
Contact Cathy Hargrove at 314-622-4849 or
hargrovec@stlouis-mo.gov

Look for us on:

BJC HealthCare