



# The Montello News

## CARE CENTER

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Skilled Nursing • Inpatient/Outpatient Rehab Therapy • Assisted Living

## Tips for Better Sleep

Good sleep habits can help improve your sleep health:

- **Be consistent.** Go to bed at the same time each night and get up at the same time each morning, including on the weekends
- **Make sure your bedroom is quiet, dark, relaxing, and at a comfortable temperature**
- **Remove electronic devices, such as TVs, computers, and smart phones, from the bedroom**

- **Avoid large meals, caffeine, and alcohol before bedtime**
- **Get some exercise.** Being physically active during the day can help you fall asleep more easily at night.

Although the amount of sleep you get each day is important (the CDC recommends seven or more hours per night for adults 18 and up), other aspects of your sleep also contribute to your health and well-being.

Good sleep quality is also essential. Signs of poor sleep quality include not feeling rested even after getting enough sleep, repeatedly waking up during the night, and experiencing symptoms of sleep disorders, such as snoring or gasping for air. **If sleep problems start to occur, schedule an appointment with your physician.**

Source: [cdc.gov](https://www.cdc.gov)

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# Unplug with Family

On March 3, embrace a peaceful respite from the digital world on the National Day of Unplugging by connecting with loved ones in meaningful ways.

- **Outdoor or Nature activities:** Plan outdoor activities that everyone can enjoy. This could include a nature walk, lawn games, bike ride or gardening. Too cold to be outside? Start an herb garden or plant starter bulbs inside.
- **Board Games and Puzzles:** Grab a board game or puzzle that the whole family can play or do. This can be a great way to engage in friendly competition and stimulate the mind.
- **Mindfulness and Relaxation:** Practice mindfulness activities together, such as meditation or gentle yoga to promote relaxation, reduce stress, and encourage a sense of calm and well-being.
- **Music and Singing:** Enjoy music together. Whether it's listening to old records, playing musical instruments, or even having a silly karaoke session, music can bridge generations.

Remember, the key to unplugging is less screen-time in an environment where everyone feels engaged and connected.



## Healthy Eating Habits

It can sometimes feel as if we're bombarded with information about the latest diet trend or buzzworthy ingredient, but the key element to establishing healthy eating habits is by being a mindful eater, which includes making healthy food choices, keeping track of portions, and limiting sugary treats.

Healthy eating habits are easier to maintain with a well-rounded diet, and it's easier to do than you may think. In fact, living a nutritious lifestyle can be easy and fun. Nutrition is about more than vitamins—it also includes fiber and healthy fats.

**Add healthy fats.** Not all fats are bad. Foods with monounsaturated and polyunsaturated fats are important for your brain and heart. Limit foods with trans fats, which increase the risk for heart disease. Good sources of healthy fats include olive oil, nuts, seeds, certain types of fish, and avocados.

**Cut the sodium.** Good nutrition is about balance, and that means not getting too much of certain ingredients, such as sodium (salt). Sodium increases blood pressure, which raises the risk for heart disease and stroke.

**Bump up your fiber.** Fiber in your diet not only keeps you regular, it also helps you feel fuller longer. Fiber also helps control blood sugar and lowers cholesterol levels. Fresh fruits and vegetables, whole grains, and legumes (beans and peas) are good sources of fiber.

**Aim for a variety of colors on your plate.** Foods like dark, leafy greens, oranges, and tomatoes—even fresh herbs—are loaded with vitamins, fiber, and minerals.

**Be sure to consult with your physician or dietician before making any changes to your diet to know what foods, portions, and choices are right for you.**

Source: [cdc.gov](https://www.cdc.gov)

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