



## Better Sleep Month

May is better sleep month and according to Dr. Bert Jacobson, "Sleep deprivation impacts us physically, which can negatively affect our coordination, agility, mood and energy." Below is an excerpt from a Q&A session with Dr. Jacobson:

### How many hours of sleep should I get each night?



The standard recommendation is that an individual get eight hours of sleep a night, 7.5 to 8.5 is optimal. But the latest Better Sleep Council survey found that a majority, 73 percent, of Americans are only getting seven hours of sleep or less in a given work week. In fact, 70 million Americans are affected by sleep problems. That figure has grown over the past 20 years and is expected to reach 100 million by the middle of the 21st century. To help get an adequate amount of sleep each night, it is important to keep a consistent sleep-wake schedule. Even on the weekends it is important to stick to your bedtime routine and regular bedtime and wake-up schedule.

### How can a good night of sleep impact my physical performance?

A good night's sleep sets the optimal stage for, not only physical, but also mental performance. With respect to physical performance, rest and recovery is essential for best physical performance. If you are well rested you will approach social, professional, and physical challenges in the most advantageous state of mind and body. Certainly a positive attitude and confidence can be linked to physical performance, but the physiological and biological systems must be fully recovered in order to perform maximally.

### How does lack of sleep affect me overall, including my physical performance, work productivity and mood?

While a good night's sleep may not lead to record-breaking performance, lost sleep will impair physical performance, reduce work productivity, and affect mood and disposition. Poor sleep is associated with anxiety, depression, and mood disorders, while adequate sleep improves attitudes, moods, and promotes feelings of self esteem and competence — all of which are tied to physical performance.

### If I get a good night of sleep one night (7-8 hours), can I expect my performance (workout, physical activity) to improve immediately?

One good night of sleep, in itself, is not a performance enhancer, though it does contribute to both a good mental and physical base to help perform at your maximum level. After consecutive nights of good sleep, you can anticipate seeing sustained results in your physical performance. On the other hand, a poor night's sleep — or consecutive nights of poor sleep — can negatively affect your performance.

For information on how you can improve your sleep visit: <http://www.bettersleep.org/>

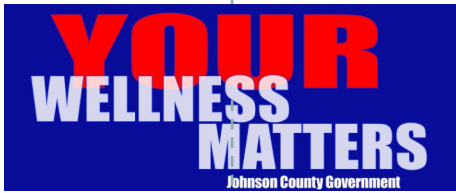
## World No Tobacco Day

Sunday, May 31, 2009, is World No Tobacco Day. Tobacco is the leading preventable cause of death. More than five million people die from the effects of tobacco every year — more than from HIV/AIDS, malaria and tuberculosis combined. It is the only legal consumer product that kills when used exactly as the manufacturer intends. Up to half of all smokers will die from a tobacco-related disease. Second-hand smoke harms everyone who is exposed to it. Effective health warnings, especially those that include pictures, have been proven to mo-

tivate users to quit and to reduce the appeal of tobacco for those who are not yet addicted. Despite this fact, 9 out of 10 people live in countries that do not require warnings with pictures on tobacco packages. On May 31st, World Health Organization urges you to refrain from using your tobacco product and visit their website to see what tobacco companies are not telling you.

<http://www.who.int/tobacco>





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### **Did You Know?**

The Johnson County Government Wellness Fairs will be on Tuesday, May 12 at the Admin Building in Olathe and on Wednesday, May 13 at the Northeast Offices. The exhibitors at this year's fairs will be very interactive. There will be several fitness activities including instructional sessions on yoga and strength training, Wii Fit, exercise demonstration and more! In addition, there will be several new vendors and many of your old favorites. Each participant will receive an activity passport that will be stamped at each station. Stamps are required for the free chair massages!

### **CAESAR SALAD WITH GRILLED SHRIMP**

#### **Ingredients**

1/4 cup pasteurized egg product	1 clove garlic, minced (about 1/2 teaspoon)
1 1/2 teaspoons anchovy paste	1 teaspoon Dijon mustard
1/4 teaspoon Worcestershire sauce	2 tablespoons lemon juice
3 tablespoons olive oil	1/4 cup finely grated Parmesan
Salt and pepper	8 cups coarsely torn romaine lettuce
2 cups Garlic-Scented Croutons, recipe follows	
20 to 24 Lemon Pepper Grilled Shrimp, recipe follows	

#### **Directions**

In a small bowl, whisk together the egg product, garlic, anchovy paste, mustard, Worcestershire sauce and lemon juice. Slowly add the olive oil in a steady stream, whisking the whole time. Stir in the Parmesan and season with salt and pepper.

In a large bowl, toss the dressing with the lettuce until well coated. Add the croutons and toss to combine. Divide the salad onto 4 plates and top each plate with 5 or 6 shrimp.

#### **Garlic-Scented Croutons:**

8 slices French bread or other crusty bread (about 2 ounces)    1 teaspoon olive oil or olive oil spray

1 clove garlic    2 pinches salt

Preheat the oven to 325 degrees F. Using a pastry brush, lightly brush both sides of the bread with oil. Cut the garlic in half and rub it on to both sides of the bread. Sprinkle with salt. Cut the bread into cubes and spread onto a baking sheet. Bake until bread is crispy and golden brown, stirring once or twice, about 10 minutes.

Yield: 2 cups

#### **Lemon Pepper Grilled Shrimp:**

1 pound large shrimp (20 to 24 per pound), peeled and deveined

1 teaspoon olive oil

1/4 teaspoon salt 1/2 teaspoon freshly ground black pepper

2 tablespoons lemon juice

Preheat a grill pan over a medium-high flame, or prepare a grill. Toss shrimp with the olive oil, sprinkle with salt and pepper, toss again and grill until cooked through, 2 to 3 minutes per side. Transfer the shrimp to a plate and drizzle with the lemon juice.

