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# VAARNG H2F APRIL - JUNE 2023

# TOTAL HEALTH & PERFORMANCE NEWSLETTER

#### IN THIS ISSUE:

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- MFT/MRT Workshop Information
- Mental Fitness of Sleep
- Sleep Hygiene
- How to Improve Sleep Posture
- Snacks & Drinks to Better Sleep
- Scents That Help You Sleep Better
- Reasons to Put Your Phone Away
   Before Bed

#### PURPOSE

The purpose of this newsletter is to communicate across the spectrum of the VAARNG and share significant updates, education, training, and events related across the five domains of The Holistic Health and Fitness Program.

#### ANNOUNCEMENT

### MFT/MRT WORKSHOP

The VAARNG invites all the MFT's and MRT's to participate in this annual MFT/MRT workshop to provide training aimed to conduct collective networking and education opportunities to re-fresh on training, discuss the industry's education and development updates, and develop an improved network, organizational structure, and Esprit de Corps amongst all the VAARNG MFT/MRT community.

DATE: APRIL 20 - 21, 2023.

LOCATION: State Military Reservation, 203 Red Horse Dr.

Virginia Beach, VA 23451.

POC: MSG Ramon F Abreu-Preze/SSG So Catherine

# MENTAL FITNESS

GOOD QUALITY SLEEP IS ONE OF THE MOST IMPORTANT FACTORS IN MENTAL READINESS. THE BETTER CONSISTENT SLEEP YOU CAN MAINTAIN THE BETTER YOU ARE ABLE TO PAY ATTENTION, SHORTEN YOUR REACTION TIMES, IMPROVE YOUR JUDGMENT SKILLS, AND REGULATE YOUR MOODS. BY IMPROVING YOUR SLEEP, YOU CAN REDUCE YOUR RISK FOR CHRONIC HEALTH CONDITIONS SUCH AS PTSD, DIABETES, DEMENTIA, AND OTHER CARDIOVASCULAR DISEASES. FURTHERMORE, STUDIES HAVE SHOWN THAT IN MILITARY POPULATIONS, SOLDIERS THAT REPORT BETTER SLEEP ALSO REPORT LOWER RATES OF SYMPTOMS LINKED TO DEPRESSION, ANXIETY, SUICIDE, AND TOBACCO AND ALCOHOL USE.

THE OFFICE OF THE ARMY SURGEON GENERAL RECOMMENDS THAT SOLDIERS SLEEP AT LEAST SEVEN HOURS PER NIGHT. TO MEET THIS GOAL, IN 2020 THE ARMY UPDATED FM 7-22 HOLISTIC HEALTH AND FITNESS MANUAL TO INCLUDE GUIDANCE ON HOW TO ACHIEVE BETTER SLEEP. TAKE A LOOK AT FM 7-22 FOR MORE DETAILED TIPS AND START MONITORING YOUR SLEEP HABITS TODAY!

IF YOU ARE CONCERNED ABOUT YOUR SLEEP AND HAVE TRIED IMPROVING YOUR SLEEP HABITS BUT STILL HAVE CONCERNS AFTER ABOUT SIX WEEKS, YOU MAY CONSIDER TALKING TO YOUR MEDICAL PROVIDERS FOR A MORE THOROUGH SLEEP ASSESSMENT.

-CPT STEPHANIE L. MALOZZI, CLINICAL PSYCHOLOGIST

#### SLEEP HYGIENE- METHODS TO BETTER SLEEP

$\bigcup$	BE CONSISTENT  Go to bed at the same time and get up at the same time every day.	
$\bigcup$	DISCONNECT FROM DEVICES Limit screen time within an hour of bedtime.	
$\bigcup$	STRETCHING & MEDITATION  Try progressive muscle relaxation, deep breathing, and pleasant imagery tech	niques.
$\bigcup$	BEDROOM ENVIRONMENT  Make your sleep environment comfortable and free of things that could interrupt you Pack to promote sleep on drill weekends (eye mask, light-duty ear plugs, comfortable leads)	
$\bigcup$	ENGAGE IN PHYSICAL ACTIVITY  Movement is a great way to exert the body and allows better sleep at the end	of the day
$\bigcup$	AVOID  Avoid having caffeine or alcohol late in the day or before bedtime. To give you enough time to properly digest the food avoid large meals.	our body
	LIMIT NAPS	

Limit naps to 30 to 60-minute episodes and not within 4 hours of bedtime.

#### Painful Sleep- How to Improve Your Sleep Posture

Sleep. Just reading the word can bring up many thoughts in our minds. Restful...restorative... painful? While sleep is meant to help our bodies repair itself, sleeping positions can either help or hurt that process which in turn can increase pain or stiffness in the back, arms, or shoulders. This all leads to lower-quality sleep. What is the best position to sleep? One that promotes healthy spinal alignment from your hips all the way to your head. What that looks like for you depends on your personal health situation and what you find comfortable. Sleeping on the side or back is considered more beneficial than sleeping on the stomach. In either of these sleep positions, it's easier to keep your spine supported and balanced, which relieves pressure on the spinal tissues and enables your muscles to relax and recover. However, if sleeping on your stomach feels good to you, don't feel forced to change it. You can minimize your risk of pain and improve spinal alignment with the right mattress and pillow.

For back pain, pregnancy, acid reflux, and sleep apnea, sleeping on your side is preferred. Good techniques include keeping your knees bent, a pillow or blanket between the knees (and under a pregnant belly), and a pillow with a thickness that matches the distance between your neck and shoulder (keeps neck in good alignment with the rest of the spine). Left side sleeping is preferred especially for pregnancy and acid reflux due to decreased pressure on internal organs.

Sleeping on your back keeps your spine in alignment and evenly distributes your body weight. Sleeping on the back can also relieve congestion of a stuffy nose or allergies, so long as you prop yourself up into an upright position. For neck pain, use a pillow that supports the neck while letting your head sink deeper. Memory foam pillows or pillows with a divot for the head are good options. Alternately, you can roll a towel underneath your neck and use a flatter pillow for your head. While some people feel low back pain relief from the back sleeping position, others find it increases. A small gap can form between your lower back and the mattress surface, but can be resolved by placing a thin pillow in that area or placing a pillow under your knees instead. Back sleeping is the worst sleeping position for people with snoring and sleep apnea because it leaves you susceptible to airway collapse. And the final positive for back sleeping- if you are worried about wrinkles, sleeping on your back has the least amount of pressure against your face!

And what about stomach sleepers? Stomach sleeping provides the least amount of back support, as you must sleep with your head facing one side, invariably twisting your neck and head out of alignment with the rest of your spine. However, it is possible to sleep well in this position. Try doing so with a very thin pillow, or no pillow at all so you can avoid tilting your neck and back, creating further spinal misalignment and discomfort. Place a thin pillow under your hips to further even out the spine and relieve pressure. A firm mattress can also prevent some of the spinal alignment issues that comes from sleeping on your stomach.

The best sleep position for you is whichever sleep position enables you to enjoy a restful night of uninterrupted sleep and wake up in the morning feeling refreshed, without any aches and pains. If that describes your current sleep position, don't feel forced to change it. If you think a new position might make sleep more comfortable for you, though, go ahead and try another position. Be patient and use the strategies named to help yourself adjust to the new position and get the

## BEDTIME SNACKS

# BEDTIME DRINKS

#### HUMMUS & CRACKERS

Hummus is made from chickpeas which contain tryptophan & melatonin-producing vitamins.

#### ALMOND MILK

Almond milk is high in magnesium, a nutrient know to help improve sleep quality. It also contains tryptophan which increases melatonin.

#### NUT TRAIL MIX

Almonds & cashews contain mineral magnesium, a mineral that aids sleep, while pistachios & walnuts are good sources of melatonin.

#### PINEAPPLE SMOOTHIE

Pineapple is a great source of serotonin and tryptophan, both known to help improve sleep.

#### WHOLE GRAIN CEREALS

Whole grains are known to help the brain process tryptophan. Pair it with milk (which contains both calcium & tryptophan) for healthy eating & better sleep.

## PURE COCONUT WATER

Pure coconut water has magnesium and potassium, which help relax the muscles, and vitamin B, which is great for stress relief.

# GRAPES

Grapes are healthy, delicious & contain natural sources of melatonin.

#### HOT LEMON WATER

A cup of hot lemon water taken a few hours before bed is ideal as this aids digestion.

#### GREEK YOGURT & BERRIES

Greek yogurt is rich in calcium & protein, while raspberries are high in melatonin.

#### TART CHERRY JUICE

Cherry juice is not only tasty, but also contains melatonin, the sleep hormone.

# SCENTS THAT CAN HELP YOU SLEEP BETTER

- 1. LAVENDER LOWERS STRESS LEVELS & REDUCES HEADACHES WITH ITS CALMING EFFECTS.
- 2.YLANG YLANG LOWERS HEART RATE & BLOOD PRESSURE, HELPS CALM THE BODY FOR REST.
- 3.CHAMOMILE PROVIDES AN OVERALL SOOTHING & CALMING EFFECT.
- 4. EUCALYPTUS HELPS RELIEVE CONGESTION FOR RELAXED BREATHING.
- 5. ROSE REDUCES ANXIETY & HELPS IMPROVE SLEEP.

# REASONS TO PUT YOUR PHONE AWAY BEFORE BED

Is your phone keeping you up at night? Try these tips to wake up more refreshed every day.

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#### Move it.

Charge your device as far away from your bed as possible.

#### Dim it.

Dim your screen or use a red filter app at night.

#### Set it.

Alarms aren't just for waking up - set a bedtime alarm to remind you that it's time to wrap it up for the night.

#### Lock it.

If you've got a scrolling habit you need to kick, try an app-blocking app.

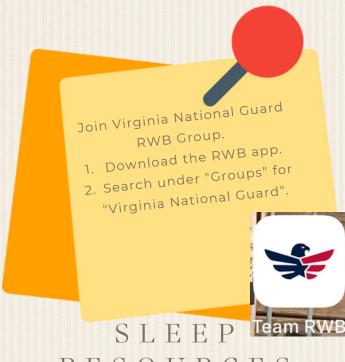
#### Block it.

Tell notifications to buzz off if they're waking you up at night.

DAMAGING YOUR RETINA BLUE LIGHT FROM CELL PHONES OR SMARTPHONES FLICKERS FASTER THAN ANY OTHER CLOLR BECAUSE IT HAS THE SHORTEST WAVELENGTH. THIS MAKES IT HARD TO SEE, AND OVER TIME IT CAN EVEN **HURT YOUR RETINA** 

#### CHANGING THE SLEEP CYCLE

REGULARLY USING A CELL PHONE IN THE **EVENING BEFORE BED CAN MAKE IT HARD** TO SLEEP BECAUSE YOUR MIND MAY BE TOO BUDY OR EXCITED. ALSO, THE NEED TO CHECK YOUR PHONE ALL THE TIME CAN KEEP YOU FROM FALLING ASLEEP AND MAKE YOU SLEEP LESS.



RESOURCES

GENERAL INFORMATION ABOUT SLEEP WWW.SLEEPFOUNDATION.ORG

FREE SELF-PACED ONLINE PROGRAM FOR

.ASP

# SLEEP FOUNDATION

A OneCare Media Company WWW.VETERANTRAINING.VA.GOV/SLEEP/INDEX

RECOMMENDED

APPS CALM **HEADSPACE CBTI COACH** 







# PHYSICAL FITNESS

EVER HEARD OF MURPH? IT'S THE MEMORIAL DAY CHALLENGE. IF YOU ALL HAVE BEEN AROUND FITNESS FOR SOME TIME, YOU PROBABLY HEARD OF THE WORKOUT CALLED MURPH. THIS WORKOUT IS ONE OF THE MOST BRUTAL AND NOTORIOUS CROSSFIT WORKOUTS OUT THERE. BUT HOW CAN YOU TRY IT, MORE IMPORTANTLY,

LET'S START BY TAKING A LOOK AT THE MURPH WORKOUT AND THE MEANING BEHIND IT. MURPH IS CONSIDERED A "HERO WOD" NAMED AFTER NAVY LIEUTENANT MICHAEL MURPHY, WHO WAS KILLED IN AFGHANISTAN IN 2005. THIS WORKOUT WAS SAID TO BE ONE OF MURPHY'S FAVORITE WORKOUTS.

IF YOU ARE NEW TO EXERCISE AND HAVE NEVER HEARD OF MURPH, WELL HERE'S THE WORKOUT

1-MILE RUN

100 PULL-UPS

200 PUSH-UPS

300 AIR SQUATS (BODYWEIGHT)

1-MILE RUN

THE ENTIRE WORKOUT IS DONE WEARING A 20LB WEIGHTED VEST, TO STIMULATE THE BODY ARMOR MURPHEY WOULD HAVE WORN.

#### HOW CAN YOU MODIFY THE MURPH WORKOUT?

- 1. YOU CAN DITCH THE WEIGHTED VEST THE WORKOUT IS TOUGH ENOUGH WITHOUT IT, AND IF YOUR FORM ISN'T CORRECT, ADDING THE WEIGHT CAN PUT EXTRA STRESS ON YOUR LOWER BACK.
- 2. YOU CAN SPLIT THE REPS UP SO THEY DON'T SEEM AS DAUNTING, AND ADD BREAKS BETWEEN EXERCISES.

  3. DO HALF THE WORKOUT. DECREASE THE REPS BY HALF.

#### OTHER WAYS TO MODIFY THE WORKOUT.

IF YOU DON'T HAVE PULL-UPS YOU CAN USE A BAND OR DO RING ROWS.

F YOU'RE LOOKING TO MAKE PUSH-UPS EASIER, YOU HAVE A FEW OPTIONS. FIRST, DO THE EXERCISE ON YOUI KNEES, AND IF IT'S STILL DIFFICULT, TRY DOING PUSH-UPS ON AN ELEVATED SURFACE, SUCH AS THE WALL, A BOX, OR A BENCH.

IF IT'S TOO MANY SOUATS. YOU CAN REDUCE THE REPS.

IF YOU ARE JUST STARTING BACK UP ON RUNNING, YOU CAN REDUCE THE DISTANCE TO HALF A MILE IN THE BEGINNING AND HALF A MILE AT THE END OF THE WORKOUT

#### SSG CATHERINE SO

Scan the QR Code for a month's workout plan leading up to the Murp



WOD

As Many Rounds as Possible
(AMRAP) in 20 min

5 Pull-ups (Substitute: bent over

rows)

10 Push-ups (Substitute: knee push-

ups)

15 Air Squats