

...ing enough sleep is a public health epidemic. The CDC reports that one-third of adult Americans get fewer than seven hours of sleep a night and one-third of adults are sleepy during daylight hours every day.

On a basic level, sleep helps people feel better overall. But research shows that sleep is important in helping the brain work properly. During sleep, the brain creates new pathways that help with memory, learning and emotional behavior. Sleep aids genes that contribute to the health and repair of cells throughout the body. It helps our bodies fight off disease. It's essential in healthy growth and development in infants and children.

Researchers have proven that adults who don't get enough sleep have higher rates of diabetes, obesity, heart disease, stroke, depression and mortality. People are less productive at work and school. They react slower and make more mistakes, which can lead to more immediate consequences like car accidents.

"Inadequate sleep has an imme-



"They (Adolescents) are more naturally night owls. At the same time, our schools start classes earlier and earlier. It's a perfect storm of inadequate sleep in adolescence. It's important because data that show that short sleep times and earlier school start times are associated with worse standardized test performance, motor vehicle accidents and even with suicide. It's not a trivial matter."

DANIEL J. BUYSSE, MD

Staying up too late isn't the only reason for a lack of sleep. Sleep disorders—such as insomnia (when it's hard to fall asleep or stay asleep), restless leg syndrome (an irresistible urge to move the legs) and sleep apnea (breathing that repeatedly stops and starts, causing low oxygen levels in the blood)—pose additional health problems.

The amount of sleep people get and need changes as a function of age. Infants and young children need the most sleep. Adolescents still need a lot of sleep but face a crisis of sleep loss, says Dr. Buysse. "They are more naturally night owls. At the same time, our schools start classes earlier and earlier. It's a perfect storm of inadequate sleep in

...an whites to have sleep apnea syndrome, poor sleep quality and daytime sleepiness. Latinos and Chinese are more likely than Whites to have sleep-disordered breathing and short sleep duration.

What can people do to improve their sleep health?

The American Academy of Sleep Medicine and the Sleep Research Society recommend that adults get at least seven hours of sleep on a regular, nightly basis for optimal health. Also, "sleep should be centered in the middle of the night so that the middle of people's sleep is 3-4 a.m.," says Dr. Buysse. "People should get regular sleep from day to day. If you have problems with sleepiness or difficulty sleeping at night, see your health care provider because your problems could be caused by a sleep disorder. For so many years, people thought that snoring was a sign of really deep, good sleep, and it turns out not to be true at all. Snoring can be a serious sign of sleep apnea.

"Sleep seems like something that's optional. But we have a lot of research showing that sleep is critical to our health and well-being."

Insomnia and Heart Disease Risk

Insomnia (difficulty falling or staying asleep) is a common problem among adults. It also has significant health consequences. There is even some evidence that adults with insomnia who also get too little sleep may be at even greater risk for future heart disease. The purpose of the Pitt Sleep Heart Study is to understand whether adults who have insomnia and get too little sleep show greater signs of early heart disease compared with adults who are good sleepers.

The study is looking for two types of adults.

The first type is adults who have insomnia and who usually get fewer than six hours of sleep per night. The study is also looking for adults who sleep well and get more than six hours of sleep each night. All participants need to be between 18 and 50 years of age, in good physical and mental health and not be regular exercisers.

Participation in the study involves three study visits. One of these visits includes an overnight sleep assessment. You also will need to track your sleep habits at home. Com-

pensation and parking are provided. In addition, participants with insomnia will be invited to receive behavioral treatment to see if it helps their sleep.

If you are interested in participating in the study or would like more information, please contact the project coordinator at **412-246-6589** or sleepheartstudy@pitt.edu.

For more sleep research opportunities, visit the [CTSI Research Participant Registry](http://www.researchregistry.pitt.edu/sleep.shtml) at www.researchregistry.pitt.edu/sleep.shtml.

Adolescent Sleep Research Opportunities

It is important to study sleep patterns in adolescents (youths and young adults). Brant Hasler, PhD, assistant professor of psychiatry, University of Pittsburgh School of Medicine, is currently recruiting for two sleep studies for adolescents.

ACRES Study

Adolescence (which extends from puberty into young adulthood)

is a time of increased risk for alcohol and other drug use. Important changes happen to the sleep-wake cycle while a teen is growing. One study looks at if these changes contribute to more alcohol or drug use. The study is looking for healthy teens ages 13-17. Findings may help develop better prevention programs that delay the start of substance use and reduce

risks for addiction.

SCARAB Study

Evidence shows that disturbances in sleep and circadian rhythms (the sleep-wake cycle) are associated with alcohol use. This research examines whether weekday-weekend changes in sleep and timing are related to brain function and alcohol use. We are recruiting a sample of

late adolescents/young adults, ages 18-22, who regularly drink alcohol. If you are interested in participating in the study or would like more information, go to www.sleep-and-alcohol.org.

Are you interested in learning more about these studies? Contact Wambui Ngari at ngariw@upmc.edu or 412-246-6965.

Pittsburgh Courier



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AUGUST

2015

Health Focus
SLEEP



BODY
Physical and
Nutritional Health

HILL 365

Sponsored by UPMC

Hill District 365 is a community initiative to encourage our neighbors to participate in available health services and programs throughout the year so that they can live their best life possible. Healthy communities do more than just exercise and eat right, they focus on all five areas of health.



BODY
Physical and
Nutritional Health



MIND
Mental and
Emotional Health



SPIRIT
Spiritual
Health



HOME
Environmental
Health



MONEY
Financial
Health

Sleep



There are certain things that you must do each day to take care of your body - eat a balanced diet, drink plenty of water and get quality sleep. Research studies prove that sleep affects our health in many ways. This includes helping our metabolism - how our body uses food and water to grow and give us energy. Proper sleep also helps our immune function - our body is still working even when we are sleeping! Quality sleep can also help lower our mortality risk and is

good for our mental health. Think about it - do you feel better in the morning after a good night of sleep or a bad night of sleep?

Depending on our age, our body needs different amounts of sleep. Adults need at least seven hours of sleep a night. The ideal middle point of sleep is 3-4 a.m. Babies, children and adolescents need more sleep, especially since their bodies are growing more than adults. Regardless of what schedule we keep, our bodies like being asleep during the night.

It is important to talk with your health care professional about your sleep. If you are sleepy during the day, or if someone notices you snoring/not breathing (snoring is not an indication of deep sleep), you may have a sleep disorder. Sleep disorders are common and they can negatively affect your quality of sleep and your health. The good news is they can be treated. Check out the August 5th issue of the *New Pittsburgh Courier* for more information about sleep, including sleep research and sleep research studies.

Take Charge Of Your Health Today. 3 Steps To Better Your Sleep

September
Health Focus:
Pregnancy Health

- 1. Get in a regular sleep pattern.** This includes going to be at the same time each night and waking up at the same time each morning. Regularity of sleep is as important as sleep duration.
- 2. Make sure you are in a relaxing environment when sleeping.** This includes the room temperature, how much light is in the room, and how comfortable your bed and pillows are.
- 3. Talk with your health care professional** if you think you are not sleeping well, or if you are sleepy during the day. They can give you tips on how to get better sleep.

*The trick to
healthy living
is making
small changes
each day!*



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For more information visit healthycommunities365.org
or call (412) 578-9189.

**AUGUST
EVENTS:**

HILL 365 AUGUST EVENTS:

Save the Date!

Friday, September 11
Sunday, September 13



Third Annual Health and Wellness Weekend

The People's Office presents the third annual Health and Wellness Weekend! Join us this weekend for Community Appreciation Day, UpHill 5k Race/Walk and 1 mile Fun Run/Walk, Health Expo and more! *For more information, please contact The People's Office at 412-471-7760.*

Thursday, August 13 – Saturday, August 15

Final Weigh In for the 60 Day Summer Health Challenge

12:00 p.m. – 2:00 p.m. and 6:00 p.m. – 8:00 p.m.
Jeron X Grayson Community Center, 1852 Enoch St, PGH 15219
It is that time! The final weigh in for the 60 Day Summer Health Challenge will be held for 3 days, twice a day. *For more information on the challenge or the final weigh in, please contact Charles Cook at 412-925-8236 or oneononepersonalfitness@yahoo.com.*

Tuesdays and Thursdays

Free Services at the Health Education Office

12:00 p.m. – 3:00 p.m. (Tuesdays)
and 12:30 p.m. – 3:30 p.m. (Thursdays)
The Urban League of Greater Pittsburgh Health Education Office
610 Wood St (3rd floor), PGH 15222
The Health Education Office (HEO) at the Urban League of Greater Pittsburgh offers preventative health services free of charge. *For more information, please contact Vianca Masucci at 412-227-4219.*

Monday, August 10

Open House at the Hill Health Center

11:00 a.m. – 3:00 p.m.
Primary Care Health Services, Inc. /Hill House Health Center will be celebrating National Community Health Centers Week by hosting an open house at the Hill House Health Center! Stop by and learn more about community health centers and how they can help the residents within the community. Meet our staff, our newest doctor, Dr. Karen Quaymore, family practice and enjoy some light refreshments! *For more information, please contact Kimberly Spruce at 412-697-4697.*

Tuesdays, August 4, 11, 18, 25

Tai Chi at Mellon Square

12:00 p.m. – 1:00 p.m.
Mellon Square Park, 1529-540 Smithfield, PGH 15222
The Tao Applied- Relax and rejuvenate on the lawn at Mellon Square with free tai chi. The class is open to all skill levels. *For more information, please contact Pittsburgh Parks Conservancy at 412-682-7275 or info@pittsburghparks.org.*

Tuesdays, August 4, 11, 18, 25

Free Yoga at Mellon Square

5:30 p.m. – 6:30 p.m.
Mellon Square Park, 1529-540 Smithfield, PGH 15222
Come stretch out on the lawn at Mellon Square with free yoga classes. Bring a mat or towel, or just kick your shoes off and follow along. Bringing water and comfortable shoes is highly recommended. The class is open to all skill levels. *For more information, please contact Pittsburgh Parks Conservancy at 412-682-7275 or info@pittsburghparks.org.*

Thursday, August 6

Lunch & Learn

12:00 p.m. – 1:00 p.m.

The Urban League of Greater Pittsburgh Health Education Office 610 Wood St (2nd floor), PGH 15222

The Health Education Office (HEO) at the Urban League of Greater Pittsburgh, in partnership with the University of Pittsburgh Clinical and Translational Science Institute (CTSI), hosts a Lunch & Learn event the last Thursday of every month focusing on better health and lifestyle management. Lunch will be provided. *For more information about this or other health education events, please contact Vianca Masucci at 412-227-4219.*

Free Services from Duquesne University Pharmacy

The **Ask the Pharmacist Program** provides encouragement and accountability to help residents reach their health goals. Seniors meet with our highly qualified pharmacy team for a monthly visit, including full medication review, goal setting, and health screenings. Join us at these locations:

Monday, August 3

11:00 a.m. – 1:00 p.m.

Bedford Hill Apartments, 2129 Bedford Ave, PGH 15219

Wednesday, August 5

11:00 a.m. – 1:00 p.m.

Legacy Apartments, 2121 Centre Ave, PGH 15219

Tuesday, August 18

11:00 a.m. – 1:00 p.m.

Ebenezer Towers, 420 Dinwittie St, PGH 15219

Mondays, August 3, 10, 17, 24, 31 | Thursdays, August 6, 13, 20, 27

Preventative Health Screenings

10:00 a.m. – 4:00 p.m.

Duquesne University Pharmacy, 1860 Centre Ave, PGH 15219

Wednesdays, August 5, 12, 19, 26

Preventative Health Screenings

3:00 p.m. – 5:00 p.m.

Focus Pittsburgh, 2228 Centre Ave, PGH 15219

Thursdays, August 6, 13, 20, 27

Health & Wellness Educational Talks and Health Screenings

10:30 a.m. – 12:00 p.m.

Hill House Senior Service Center, 2038 Bedford Ave, PGH 15219

Fridays, August 7, 14, 21, 28

Nutritional Counseling

1:00 p.m. – 3:00 p.m.

Shop-N-Save Lobby, 1850 Centre Ave, PGH 15219

Meet with your pharmacy team to learn about food labels, and what foods to eat if you have diabetes, heart disease, and other chronic conditions. *For more information on The Center for Pharmacy Services events, please call 412-246-0963.*

All Month!

Your local YMCA features numerous classes and events each month to keep you in tip top shape! Classes include cycling, hip hop, Tai Chi, Pilates, swimming lessons, Yoga, tons of activities for older adults, open gyms and open & lap swim sessions! Visit www.ymcaofpittsburgh.org/schedules/forms/ or contact your nearest YMCA to sign up for one of these classes today!