

Memorial Day Find

M A R I N E S N Y U M T R
 Y A R M Y A L R D R A T E
 P R I D E R E I E E R R S
 M I A A E V O V B M C I P
 S N A T A D O L S E H B E
 R D E R I Y A P G M R U C
 E E B P L L A C A B P T T
 N P C F A T I S L R N E Y
 N E C N F T O M O A A U N
 A N Y P A R R C E N V D O
 B D R T R V E I H C Y A E
 A E U O L S R E O E T I C
 N N W T S A M E D T R E I
 D C E I Y R Y U S O I O S
 I E O N A T I O N B M C U
 U N I F O R M M L E O E M

ARMY	MARCH	RESPECT
BAND	MARINES	SORROW
BANNERS	MILITARY	TAPS
BRAVERY	MUSIC	TRIBUTE
CAVALCADE	NATION	UNIFORM
DUTY	NAVY	
FLYOVER	OBSERVANCE	
FREEDOM	PARADE	
GLORY	PATRIOTIC	
HERO	PRIDE	
INDEPENDENCE	PROCESSION	
LIBERTY	REMEMBRANCE	
LOYALTY		

Getting a Better Night's Rest

According to the Better Sleep Council, the quality and quantity of your sleep can make all the difference in how productive you'll be the next day. Here are 10 tips to help you get a better night's rest:

- ▲ Maintain a regular bed and wake time schedule, including weekends.
- ▲ Establish a regular, relaxing bedtime routine such as soaking in a hot bath or hot tub and then reading a book or listening to soothing music.
- ▲ Create a sleep-conducive environment that is dark, quiet, comfortable, and cool.
- ▲ Sleep on a comfortable mattress and use a good pillow.
- ▲ Take work materials, computers, and televisions out of the sleeping environment. Make your bedroom a place for sleep.
- ▲ Finish eating at least two to three hours before your regular bedtime.
- ▲ Exercise regularly. It's best to complete your workout at least a few hours before bedtime.
- ▲ Avoid nicotine – cigarettes and other tobacco products. Used close to bedtime, it can lead to poor sleep.
- ▲ Avoid caffeine – coffee, tea, soft drinks, or chocolate – close to bedtime. It can keep you awake.
- ▲ Avoid alcohol close to bedtime. It can lead to disrupted sleep later in the night.



For more information on sleep, visit the Better Sleep Council at www.bettersleep.org.

Is there a topic you want us to write about?

Call us! 1-800-815-2323

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Words of Wisdom: Just Get It Done

Next time you're feeling stressed and short of time, remember what business advisor Denis Waitley says: "We spend too much energy worrying about the things we want to do but can't, instead of concentrating on doing the things we can do but don't." Avoid this energy drain and have a do-it-now attitude every day.

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This newsletter is not intended to provide medical advice on personal wellness matters, which should be obtained directly from your physician.

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