

Prioritize Your Sleep

Sleep is just as important as nutrition and exercise to help you function at your best. But when you're juggling work, kids and everyday life, a good night's sleep may seem unattainable. In fact, 35% of people feel they don't get enough sleep.

Adults need seven to nine hours of quality sleep each night. In honor of World Sleep Day on March 19, consider the following tips to prioritize your sleep:

- Avoid drinking caffeine within six hours of bedtime.
- Stop watching television and using your phone and other electronic devices for at least 30 minutes before bedtime.
- Create a relaxing bedtime routine to help your brain unwind and recognize that it's time to sleep.
- Keep your bedroom cool, dark and quiet.

If you're regularly feeling tired upon waking up, or throughout the day, you may be experiencing some underlying issues. Talk to your doctor about any concerns.

3 Elements of Quality Sleep



1. **Continuity**—Sleep periods should be seamless without interruption.
2. **Depth**—Sleep should be deep enough to be restorative.
3. **Duration**—Sleep should last long enough for the sleeper to be refreshed and alert the following day.

Source: World Sleep Society

Properly Cleaning Your Earbuds

Listen up! Earbud use can lead to health issues such as excessive earwax, ear pain, ringing in the ears or infections. Dirt, debris and sweat can build up over time, so it's important to clean earbuds after each use. Cleaning can also maintain sound quality and extend the life of your earbuds.

First, disconnect your earbuds. Then consider the following cleaning options:

- **Soft cloth**—If you have single-piece earbuds, slightly dampen a cloth with fresh water and wipe clean.
- **Alcohol wipes**—To clean and disinfect earbuds, use an alcohol wipe.
- **Soap and water**—A simple solution of antibacterial soap and warm water paired with a soft cloth work well. If you need something more potent, use rubbing alcohol.
- **Small brush**—A clean toothbrush or cotton swab can clean mesh grilles and other small grooves.

After cleaning your earbuds, allow them to dry completely before placing in a storage bag or case. If you're experiencing ear pain, talk to your doctor.



Chicken and Broccoli Bake

Makes: 8 servings

Ingredients

- 1 cup rice (uncooked)
- 10 ounces broccoli
- 3 cups chicken (cooked)
- 2 Tbsp. margarine or butter
- ¼ cup flour
- 2 cups chicken broth
- ¼ cup Parmesan cheese (optional)

Preparations

- 1) Cook rice in 2 cups of water.
- 2) Remove chicken off the bone.
- 3) Melt margarine in large saucepan. Add flour and stir.
- 4) Slowly add chicken broth to margarine and flour mixture. Stir to remove lumps and thicken.
- 5) Add cheese and stir.
- 6) Add rice, broccoli and chicken. Stir.
- 7) Put in a casserole pan and bake at 350 F for 30 minutes.

Nutritional Information

(per serving)

Total calories	219
Total fat	5 g
Protein	19 g
Sodium	492 mg
Carbohydrate	24 g
Dietary fiber	1 g
Saturated fat	1 g
Total sugars	1 g

Source: MyPlate