

Wellness Wednesday



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Do E-Readers Mess Up Our Sleep?

In today's digital age, many people prefer to curl up with a good book before bed. However, with the rise of electronic devices like e-readers, such as Kindles and iPads, it's natural to wonder if they have any impact on our sleep. It's well-known that the blue light emitted by electronic devices can disrupt our sleep patterns, but how do e-readers specifically affect our ability to get a restful night's sleep? In this Wellness Wednesday, we'll explore the impact of e-readers on sleep and provide tips on how to protect your sleep quality.



The Two Types of E-Readers and Their Impact on Sleep

According to Dr. Sanjay Godara, the director of the sleep lab at Portsmouth Regional Hospital in New Hampshire, there are two types of e-readers: electronic ink readers and LED/LCD e-readers. Electronic ink readers, such as Kindles and Nooks, emit less blue light compared to devices like iPads and Android tablets. However, they still emit some blue light, which can affect sleep. Compared to reading paper books, e-readers are more likely to delay our circadian rhythm, interfere with melatonin production, impact morning alertness, make it harder to fall asleep, and reduce the amount of time spent in deep stages of sleep like REM.

When it comes to the type of light emitted by e-readers, Dr. Elizabeth Klerman, a professor of neurology in the division of sleep medicine at Harvard Medical School, explains that the issue is the direction of the light. When you use a light to read a physical book, the light is on the book and not directly in your eye. However, when you read a book on an e-reader, the light goes directly into your eye. This can have an impact on your sleep quality.

The Benefits of Electronic Ink Readers

Despite the potential negative effects of e-readers on sleep, electronic ink readers have some advantages over LED/LCD e-readers. Electronic ink readers use front lighting, which is easier on the eyes compared to the backlit screens of devices like iPads. Front lighting utilizes small LEDs that create a more even distribution of light, reducing eye strain and potential sleep disruptions. If you prefer to use an e-reader before bed, opting for an electronic ink reader may be a better choice for your sleep quality.

Establishing Good Sleep Habits with E-Readers

If you enjoy using an e-reader and it doesn't adversely affect your sleep, there's no need to stop using it. However, if you struggle with sleep issues, there are a few guidelines to follow to minimize the potential impact of e-readers on your sleep:

1. Avoid using your e-reader in the bedroom: Dr. Godara advises keeping your bedroom completely screen-free to create a sleep-friendly environment.
2. Avoid screens before bed: It's recommended to avoid using any screens, including e-readers, within an hour before bedtime.
3. Use dark or night mode: Many electronic devices offer a night mode feature that reduces blue light emission. Opting for this mode can help limit sleep disruptions.
4. Consider blue-light-blocking glasses: Using blue-light-blocking glasses can further reduce the amount of blue light that reaches your eyes, potentially improving sleep quality.

While these guidelines can be helpful for most people, it's important to note that individual experiences may vary. Some individuals find that reading for a few minutes before bed helps them relax and fall asleep. In these cases, Dr. Godara suggests creating a detailed plan and advising against taking the e-reader to the bedroom.

Additional Tips for a Good Night's Sleep

In addition to managing your use of e-readers, there are several other key factors to consider for a restful night's sleep:

1. Limit caffeine intake: Avoid consuming caffeine in the late afternoon or evening, as it can interfere with your ability to fall asleep.
2. Minimize stress before bed: Engage in relaxing activities, such as reading a book or practicing mindfulness, to help calm your mind and prepare for sleep.
3. Establish a consistent bedtime routine: Going to bed and waking up at the same time each day helps regulate your body's internal clock and promotes better sleep.
4. Create a sleep-friendly environment: Keep your bedroom cool, dark, and quiet to optimize your sleep environment.

Remember, everyone's sleep needs and preferences are different. If your e-reader isn't affecting your sleep quality, there's no need to change your bedtime routine. However, if you experience difficulties falling or staying asleep, it may be worth experimenting with different approaches, such as reading a physical book or implementing the tips mentioned above.

While e-readers emit less blue light compared to other electronic devices, they still have the potential to disrupt sleep. Choosing an electronic ink reader and following good sleep habits, such as avoiding screens before bed and using night mode, can help mitigate the impact on your sleep quality. Ultimately, finding what works best for you and prioritizing your sleep is key to ensuring a restful night's sleep.



ESCAROLE PASTA WITH SAUSAGE & PEPPERS



INGREDIENTS

Ingredients

- 1 medium head escarole, rinsed and torn into bite sized pieces
- 12 ounces pasta, white, whole wheat or gluten-free
- 1 teaspoon olive oil, extra virgin
- 1 medium onion, chopped
- 1 medium red bell pepper, chopped
- 5 cloves garlic, chopped
- 1 lb Italian chicken sausage, removed from casing
- 1/4 cup grated Parmigiano Reggiano
- 1/4 tsp crushed red pepper
- kosher salt and fresh pepper to taste

QUICK AND DELICIOUS

Are you looking for a quick and delicious, comfort meal that your whole family will love? This hearty and healthy Pasta with Italian Chicken Sausage, Peppers, and Escarole recipe is the perfect choice. This colorful and flavorful dish is ready in less than 30 minutes, making it the perfect option for a busy weeknight. Plus, it's packed with nutritious ingredients. If you're not familiar with cooking with escarole, don't worry - we'll walk you through everything you need to know. Get ready to impress your family and friends with this mouthwatering pasta dish!

WHAT IS ESCAROLE?

Escarole is a leafy green that belongs to the chicory family, which also includes endive and radicchio. It has a mildly bitter taste and looks similar to lettuce. If you can't find escarole in your local grocery store, don't worry - you can easily substitute it with other leafy greens like spinach or Swiss chard. The key is to choose a green that complements the flavors of the dish and provides a good texture.

Nutrition Information

Serving: 1 1/2 cups, Calories: 298 kcal, Carbohydrates: 47 g, Protein: 21 g, Fat: 5.5 g, Saturated Fat: 1 g, Fiber: 7.5 mg, Sugar: 1.1 g



INSTRUCTIONS



HOW TO MAKE IT

1. Rinse escarole and tear into bite sized pieces.
2. Cook pasta in a large pasta pot of salted water according to package directions for al dente.
3. Reserve 1 cup water before straining.
4. Meanwhile, while pasta water boils, heat a large non-stick skillet on medium heat.
5. Add olive oil; when hot add onions, peppers, garlic, salt and pepper. Cook until soft, about 4-5 minutes.
6. Add sausage, breaking up with a wooden spoon and cook until golden, about 6 to 8 minutes.
7. Add escarole, cover and cook 2 minutes; remove the cover, stir and cook about 3 more minutes or until wilted. Adjust salt and pepper to taste.
8. Add the cooked pasta, crushed red pepper flakes, reserved water and Parmigiano Reggiano, toss well and transfer to a large serving bowl.

VARIATIONS OF ITALIAN CHICKEN SAUSAGE PASTA

One of the great things about this recipe is that it's versatile and can be customized to suit your taste preferences. Here are other variations to try:

Leafy Green Substitute: If you're not a fan of escarole or can't find it, feel free to use spinach, kale, Swiss chard, or any other leafy green of your choice.

Sausage Swap: If you can't find uncooked sausage, you can use cooked chicken sausage and thinly slice it.

Pepper Options: You can use red, yellow, or green bell peppers, or even a mix of different colors to add visual appeal to your dish.

Extra Veggies: If you want to pack in more vegetables, consider adding sliced mushrooms to the dish.

Spice Level: If you're not a fan of spicy foods, you can skip the red pepper flakes.

FEATURED EXERCISE

https://www.self.com/gallery/shoulder-and-triceps-workout?utm_source=nl&utm_brand=self&utm_mailing=SLF_Daily_Clickers_112723&utm_campaign=aud-dev&utm_medium=email&bxid=5cc9e0d8fc942d13eb1f0ccf&cndid=46335019&hasha=7f37a73d9efd9510a5035cccc57c6ee58&hashb=ddf96185f2f29ca245fd1f9d995010c3676a94f8&hashc=3e70b5dafc029adb9f285ded93641852bcb8240bf226b44d2d3ab762b34e15c3&esrc=self_swps_india&utm_term=SLF_Daily_TopClickers

Featured Exercise ► How to Perform a Bent-Over Reverse Fly?

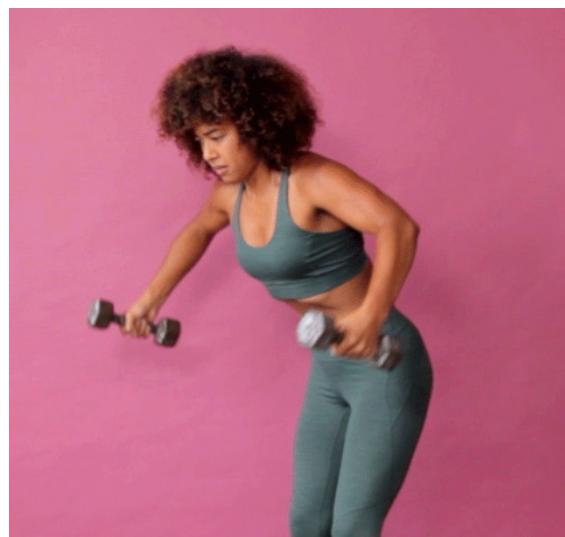


HOW TO DO IT:

1. Stand with your feet about hip-width apart. Hold a weight in each hand with your arms resting along the sides of your legs, palms facing each other.
2. With your core engaged, hinge forward at the hips, push your butt back, and bend your knees slightly, so that your back is no lower than parallel to the floor. (Depending on your hip mobility and hamstring flexibility, you may not be able to bend so far over.) Gaze at the ground a few inches in front of your feet to keep your neck in a comfortable position.
3. With a slight bend in your elbows, slowly lift the weights up and out to the sides until they're in line with your shoulders.
4. Then, lower them back down with control. This is one rep.
5. Continue for 8-12 reps.

BENEFITS:

Research has shown that incorporating the bent-over reverse fly into your strength training routine can help reduce pain and disability in the rear shoulder and upper back areas. In a study involving office workers, participants experienced positive results after just three short weekly exercise sessions. Strengthening these muscles can alleviate pain and improve your range of motion.



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Regular exercise can help you control your weight, reduce your risk of heart disease, and strengthen your bones and muscles. But if it's been awhile since you've exercised and you have health issues or concerns, it's a good idea to talk to your doctor before starting a new exercise routine.



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