



Being Present

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This month we consider the health benefits of sleep, learn how to make a bedtime snack or breakfast, and make a dream jar.

Eat

We all need sleep. Infants require the most sleep with up to 17 hours recommended. At ages 1 to 2 years, children need 11 to 14 hours, while 3- to 5-year-old children need 10 to 13 hours. By the time children are 6 to 13, they need 9 to 12 hours, while teens ages 14 to 17 need 8 to 10 hours. From ages 18 through 65+, we need at least 7 hours.

How are you doing with sleep?

Be mindful of your body's sleep needs. Sleep hygiene refers to practices that help ensure a good night's sleep. Consider whether the following statements reflect good sleep hygiene practices.

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|--|-----|----|
| 1. Warm temperature in the bedroom..... | YES | NO |
| 2. Bed sheets washed weekly..... | YES | NO |
| 3. Quiet and dark room..... | YES | NO |
| 4. Use a computer tablet in bed..... | YES | NO |
| 5. Enjoy caffeine-containing foods such as chocolate,
cola and energy drinks before bed. | YES | NO |
| 6. Keep your phone next to your bed..... | YES | NO |
| 7. Combine a lavender scent in the bedroom with
good sleep hygiene practices. | YES | NO |
| 8. Exercise as part of your lifestyle, not only for good
health but for better sleep too. | YES | NO |

For more information, see "Nourish Your Body With Sleep." www.ndsu.edu/agriculture/extension/publications/nourish-your-body-sleep



Slow Cooker Honey Granola

- 4 cups old-fashioned oats, uncooked
- 6 tablespoons honey
- 1/2 cup flax seeds (or nuts)
- 1 cup bran cereal
- 1 cup raisins
- 1/4 cup canola oil

Spray a 6-quart slow cooker with cooking spray. Pour all ingredients into the slow cooker and mix well. Put the cover on a little bit askew and cook on low for about three hours, stirring occasionally. Let cool on parchment paper and store in an airtight container for one to two weeks.

Makes 24 servings. Each (1/4 cup) serving has 130 calories, 4 grams (g) fat, 3 g protein, 23 g carbohydrates, 2 g fiber and 10 milligrams sodium.

Answers: 1. No, 2. Yes, 3. Yes, 4. No, 5. No, 6. No, 7. Yes, 8. Yes

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CONNECT

This month is better sleep month. After a long cold and snowy winter, it's difficult to wrangle kids into the house for bedtime. Even the grown-ups lose track of time with the ever-expanding daylight and warmer temperatures.

People have varying needs of sleep based loosely on their age. The NDSU publication, **Snooze News** gives a range of hours per 24-hour timeframe for each age group. Snooze News also gives tips for better bedtimes and signs of sleep issues. See www.ndsu.edu/agriculture/extension/publications/snooze-news-importance-healthy-sleep-habits.

- As a family, determine how much sleep each person is getting on a typical night. Does everyone seem to feel rested and focused all day? If not, talk about napping habits, screen habits, phones off or out of bedrooms at night, and using a “news” diet to keep from hearing the same bad news several times each evening.
- Consider the benefits of setting an alarm for bedtime. Would your family enjoy journaling/drawing or just talking for 30 minutes to wind down from the day? Make a plan to keep everyone healthy with enough shut eye.
- Do an internet search for a **Body Scan Meditation** that is appropriate for the ages of people in your household. This meditation will help relax people so they can fall asleep. Try one together. All you need is space to sit or lay comfortably, a reliable internet connection and a device that plays audio.
- Young children may benefit from a **dream jar** to help them settle in to pleasant thoughts. Decorate a plastic jar to look “dreamy.” On slips of paper, write your child’s ideas of dreams they would like to dream, something like *picking out a toy at the toy store*, *planning a whole day of play with a favorite friend*, *designing the perfect playground*, *making up a whole new pet*. Explain that these are just ideas to get their dreams started. Let the child pick a slip of paper out of the jar each night and send them off to sleep with happy thoughts.



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Savor (the Savings)

Should you buy secondhand shoes?

As the weather warms for summer months, we may go outside on walks, hikes and bike rides. Physical activity has health benefits for all ages, including better sleep. Staying physically active does not have to cost a lot of money. Invest in well-fitting shoes to prevent blisters.

If you are buying shoes secondhand, examine the shoes carefully and be sure the soles are not worn thin. Gently used shoes are not considered a health risk, but they should be cleaned and deodorized. Podiatrists recommend that you walk around the store a couple laps and be sure the shoes fit well.

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