



# Healthscoop

Fall 2018

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## Catch Some Zzz's!



Sleep is an important part of our health. Adults 18+ should be getting at least seven hours of uninterrupted sleep each night. Not getting enough sleep increases one's risk for obesity, diabetes, high blood pressure, mood disorders, and reduced productivity. Try these habits to improve your sleep health:

- ☾ Be consistent. Go to bed at the same time each night, and get up at the same time each morning, even on weekends.
- ☾ Make sure your bedroom is quiet, dark, relaxing, and at a comfortable temperature.
- ☾ Remove electronic devices like TVs, smartphones, and computers from the bedroom.
- ☾ Avoid large meals, exercise, caffeine, and alcohol within two hours of bedtime.
- ☾ Get exercise during the day. Physical activity can help you fall asleep more easily at night.
- ☾ Try deep breathing, soothing music, and guided relaxation techniques before bed.

## Avoid the Flu

Flu season is upon us, and the best way to stay healthy is to get the **flu vaccine**.

UVA is offering **free flu shots** on a walk-in basis in October and will also be available at the Hoo's Well Health and Benefits Expo on the 10th at Newcomb Hall. Flu shot clinic details can be found at [www.uvaworkmed.com](http://www.uvaworkmed.com) and at [www.hr.virginia.edu](http://www.hr.virginia.edu).



## Save the Date: Hoo'sWell Health and Benefits Expos

October 10, 8:30am – 2pm  
at Newcomb Hall, Third Floor

October 11, 7am – 3pm  
at the Dining Conference Rooms in the  
UVA Medical Center

Annual enrollment is October 8 – 19th.  
More information at [www.hr.virginia.edu/ae/expos](http://www.hr.virginia.edu/ae/expos)



## Benefits of Beans

Beans are high in **protein, minerals, and fiber**—without the saturated fat found in some animal proteins. Eating beans as part of a **heart-healthy diet** may help **improve your blood cholesterol** and help keep you feeling full longer. Try adding beans to salads, pastas, soups, sautéed veggies, eggs, and rice.



Visit [www.hooswell.com](http://www.hooswell.com) for your good health.



Human Resources