



## UR Medicine EAP

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## Should You Get a Sleep Study?

Obstructive sleep apnea (OSA)—characterized by one's breathing starting and stopping while asleep, often with loud snoring—is one of the most common undiagnosed medical conditions. Thirty million people in the USA have OSA, and 80% of them don't know it! Only 3% of adults in Canada say they have OSA, but the government estimates 20% have the condition. High blood pressure, heart disease, stroke, dementia, type 2 diabetes, and depression may all have links to OSA. If you frequently wake up tired and/or with a dry mouth, experience morning headaches, have excessive daytime sleepiness, suffer from night sweats, or find it difficult to maintain attention while awake, it is essential to discuss these symptoms with a doctor for proper evaluation and potential medical advice. That might start with a sleep study. Source: American Academy of Sleep Medicine

## Avoid Back to School Mistakes

Avoid these four big mistakes parents make before their children go back to school. You will reduce stress and feel less overwhelmed. 1) Last-minute preparations. Go early to grab school supplies and uniforms and complete paperwork. 2) Dismissing your child's anxieties about going back to school. Hint: Take a trip to the school, peek through the window, walk around a bit, talk about expectations and fears, and offer reassurance. 3) Not practicing the school routine before school begins. Children staying up too late now will make it tougher to settle into a new routine the week school begins. 4) Skipping school orientations and open houses. These events provide valuable information you will be chasing down for weeks and months if you don't attend.

## Humor in the Workplace

Can humor be taught? The answer is yes, but it's unlikely you will have humor classes at work. Short of this, cultivating and encouraging a more lighthearted and positive work environment is the goal, as it can increase morale, improve teamwork, and reduce stress, anxiety, and fear. When this happens, the natural playfulness of employees will demonstrate itself. When one or two employees respond with genuineness and spontaneity, other employees naturally follow suit. So, the idea is not to create humor but to create a workplace where humor *will find you*. A recent University of Warwick study finds that laughter really is the best medicine!

## **Dose of Exercise Fends Off Depression**

Significant research for decades has focused on how exercise can help prevent and relieve depression. The latest research demonstrates that exercise is dose-related—the more exercise, the greater the preventive effect. For example, 20 minutes daily of brisk walking for five days weekly was associated with a 16% lower rate of depressive symptoms and 43% lower odds of major depression. Talk to your doctor about exercise, and read the study Trinity College Dublin to learn more about dose or impact ratios and what exercise can do for you.

# EAP

Employee Assistance Program