

# May 2022

## Heart Health

### Important Information

Scheduling (843) 876-0444  
Heart Health Team (843) 792-4717  
Be sure to leave a message  
[HeartHealth@MUSC.edu](mailto:HeartHealth@MUSC.edu)  
[www.musckids.org/heart/health](http://www.musckids.org/heart/health)

### May is Better Sleep Month!

The purpose of Better Sleep Month is to raise awareness about the benefits of better sleep and how poor sleep can disrupt lives. Focus on Getting your Zzzz's in this month!

We know sleep is important for our overall health, but how do we maintain good sleep? Check out the second page for "Ten Tips for Better Sleep" and foods to try that can encourage better sleep.



### Recipe of the Month

### Summer Strawberry Spinach Salad with Avocado

#### Ingredients

- 1 package of organic spinach
- 2 cups of halved strawberries
- 1 large avocado, sliced
- 1/2 small red onion, thinly sliced
- 1/2 cup of feta crumbles
- 1/3 cup of raw sliced almonds
- 1/4 cup chopped roasted pistachios

#### For the Dressing

- 3 tablespoon balsamic vinegar
- 1/4 cup olive oil
- 1 garlic glove, finely minced
- 1/2 teaspoon dijon mustard
- 1/2 tablespoon strawberry jam
- freshly ground salt and pepper, to taste

#### Instructions

1. In a small bowl, add all of the dressing ingredients. Mix well to combine and set aside.
2. Toast the almonds on the stove top until slightly golden brown, remove from heat and allow to cool.
3. Add spinach to a large bowl, layer on the strawberries, avocado slices, red onion, feta, toasted almonds, and chopped pistachios. Add dressing and toss.



[www.ambitiouskitchen.com/strawberry-spinach-salad/](http://www.ambitiouskitchen.com/strawberry-spinach-salad/)

# Ten Tips for Better Sleep

1. **Sleep Schedule**- have a fixed wake up time and bed time regardless of the day of the week.
2. **Have a consistent bed time routine**- stick to the same routine every night with activities you choose (ex. shower, pajamas, brush teeth, read, bed).
3. **Eat a balanced and consistent diet** that will provide stable sources of essential vitamins and minerals
4. **Exercise**- kids should try to get 60 minutes of exercise every day. If you aren't there yet, work up to 60 minutes a day slowly over time.
5. **Naps**- try to limit naps as much as possible. If you are going to nap, try to keep naps to 30 minutes or less and try not to nap after 2 PM (this can cause disturbed sleep at night).
6. **Television/Screen Time**- Build in a 30-60 minute buffer time before bed that is screen-free. Screens, including TVs and cell phones, cause mental stimulation that is hard to shut off and also generate blue light that may decrease melatonin production.
7. **Bedroom Environment**- block out light and noise, set the temperature to a cool but comfortable temperature, and keep your bedroom/bed for sleeping only (ex. no screens or homework in bed).
8. **Include relaxation techniques** to your nightly routine- Meditation, mindfulness, paced breathing, and other relaxation techniques can put you in the right mindset for bed.
9. **Get daily sun exposure**- sunlight is a key driver of circadian rhythms, so getting plenty of sunlight can encourage quality sleep.
10. **Make gradual changes**- if you want to change your current sleep schedule, make small changes over time. Changing your schedule drastically can make it difficult to maintain.

## Foods that Encourage Better Sleep

**\*Note: If you are going to have a snack in the evening, make sure it is at least 60 minutes before bedtime.**

1. **Kiwi**- Not only does kiwifruit contain many vitamins and minerals, a study found that people who ate two kiwis one hour before bedtime found that they fell asleep faster, slept more, and had better quality of sleep.
2. **Tart cherries and tart cherry juice**- Several studies have found that people who drink two one-cup servings of tart cherry juice per day have more total sleep time and higher sleep efficiency.
3. **Fatty fish**-A study that took place over a period of months discovered that people who ate salmon three times per week not only had better overall sleep but also improved daytime functioning.
4. **Nuts**- Nuts contain essential minerals such as magnesium and zinc, as well as varying amounts of melatonin. This combination has been shown to help with insomnia and get better overall sleep.

**The following foods can cause difficulty sleeping.  
Try to limit these foods in the evenings.**

1. **Caffeine (don't forget chocolate)**
2. **Fatty, spicy, and acidic foods**
3. **Sweets and excessive carbohydrates**



This information is provided by  
[www.sleepfoundation.org](http://www.sleepfoundation.org)

# How Much Sleep Do You Need?

The amount of sleep each person needs can vary for multiple reasons, but the chart below provides a general recommendation for how much sleep people need based on age.

	Age Range	Recommended Hours of Sleep
Newborn	0-3 months old	14-17 hours
Infant	4-11 months old	12-15 hours
Toddler	1-2 years old	11-14 hours
Preschool	3-5 years old	10-13 hours
School-age	6-13 years old	9-11 hours
Teen	14-17 years old	8-10 hours
Young Adult	18-25 years old	7-9 hours
Adult	26-64 years old	7-9 hours
Older Adult	65 or more years old	7-8 hours

<https://www.sleepfoundation.org/how-sleep-works/how-much-sleep-do-we-really-need>

## Program Updates

- Clinic visits are being conducted both virtually (via the following link: <https://MUSC.doxy.me/hearthealth>), and in person. Please specify when scheduling if you would like a virtual or in person appointment.
  - Group education sessions are currently on hold due to staffing difficulties. Please read your Heart Health text updates and look for more information on our private Facebook Group page <https://www.facebook.com/groups/134995866512355/>. The Facebook Group is where we post helpful resources and include important announcements.
  - Fit Kids group exercise sessions are now offered both in person and virtually!! Sessions are held in person Monday, Wednesday, and Friday at 5:30 PM and Saturday at 9:30 AM at Quarterman Park. Sessions will continue to be held virtually on Tuesdays and Thursdays at 5:30 PM via Zoom: <https://zoom.us/j/9875590743?pwd=aVVna3NKt2ZKcThtWTdYdjZiNHRqUT09>.
- \*If your child would like to attend in person sessions, you will need to reserve your spot by either emailing [hhexercise@musc.edu](mailto:hhexercise@musc.edu) or leaving a message (843-792-4717) with your child's name and the days you want to sign him/her up. We will only take sign-ups for one week in advance and **you must have your reservation in by 5:00 PM on Fridays**.
- Please continue to read your Heart Health text messages for updates.
  - If you feel like you may have Covid symptoms or need to see a provider, please utilize the FREE MUSC virtual care: <https://campaigns.muschealth.org/virtual-care/index.html>