News from NuVantage

Spring • 2018

NuVantage℠ Employee Resource

Your free and confidential resource for work-life wellness

THE QUALITY OF YOUR SLEEP CAN CHANGE YOUR DAY

Good sleep is crucial to your health and well-being. The National Sleep Foundation recommends seven to nine hours of sleep per night for adults. Many people struggle to get enough sleep to maintain optimum health.

Qualities of good sleep:

- Falling asleep within 30 minutes
- Waking infrequently and falling back asleep quickly
- Being asleep 85% of the time you are in bed

Poor quality sleep can contribute to:

- Moodiness
- Difficulty learning new concepts
- Forgetfulness
- Physical and mental accidents
- Weight gain
- Diabetes and high blood pressure
- Heart problems

Possible reasons for trouble sleeping:

- Mental health — stress, anxiety or depression
- Physical health — sleep apnea, chronic pain or hormonal changes
- Blue light exposure from electronic device usage
- Eating late in the evening

Tips to improve sleep:

- Stick to a schedule — go to bed and get up at the same time, even on weekends
- Create a relaxing bedtime ritual
- Keep your bedroom dark, cool and quiet
- Make sure your mattress and pillows are comfortable

Following these simple tips to improve your sleep can help you feel mentally sharp, emotionally balanced and full of energy!

Are worries keeping you awake? Call NuVantage 800.577.4727. We can help!

Remember, your immediate family members are also eligible to receive services through NuVantage.

24 hours a day, 7 days a week.

800.577.4727

www.NuVantage.org | nuvantage@lssmn.org

Online wellness portal password: wellness

Lutheran Social Service of Minnesota

Provides NuVantage Employee Resource as a service

Imagine new possibilities.
Create solutions that work for your life.

Tips to Save Money by Reducing Gas Consumption:

- **Drive steadily and use cruise control.** Managing your speed and not accelerating quickly conserves fuel.
- **Do not break excessively.** Maintain a safe distance so you don't break as often — and so you can begin breaking earlier. Slamming on the brakes wastes gas and causes your brake pads to wear faster.
- **Buy gas at the right time.** Fill your tank in the early morning or evening when temperatures are cooler. Gasoline is denser when cooler, so you'll get more for the same price.
- **Use the right oil.** Check your owner's manual, or the manufacturer, for the recommended grade of motor oil. The wrong oil can negatively affect your vehicle's efficiency.
- **Keep your tires properly inflated.** Temperature changes can cause tire pressure to fluctuate. Under-inflation causes tires to wear out faster and wastes gas.
- **Know when to use your air conditioner.** At highway speeds, you're better off running your air conditioning than opening your windows (which increases drag). When driving around town, keep your windows down and the air conditioner off to conserve fuel.
- **Lighten your load.** Remove unnecessary items from your trunk. The more weight you carry, the more fuel you'll burn.
- **Get rid of your roof rack.** An unused roof rack increases wind resistance and cuts your vehicle's efficiency.
- **Turn off the engine.** If you're waiting for someone, or for something such as a train crossing, turn off the engine. Idling wastes gasoline.

If your efforts to save money aren't sufficient, talk with a NuVantage Financial Counselor!

This year's deadline for filing taxes is April 17, 2018. Receiving a refund?

Call NuVantage **800.577.4727** to talk with a Certified Financial Planner.

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Here to Help

Your free and confidential resource available 24 hours a day, 7 days a week.

800.577.4727

"Chat with Us!"

www.NuVantage.org