

Spring Sleeping: Get Better Sleep Getting a good night's sleep is as important to your health as regular exercise and eating healthy. If your sleep routine could be improved, this March break

The recommended amount of sleep for most adults is seven to nine hours.¹ Not getting it could leave you feeling irritable, stressed, sad or tired, and you may struggle to stay focused or get motivated. Lack of quality sleep can impact your

physical and emotional health. Sleeping poorly can affect normal day-to-day functions and lead to cardiovascular disease, diabetes, hypertension, and more.² Simple solutions for better sleep

Practicing good sleep hygiene is important. Your bedroom should be cool and dark. You should limit screen time before bed. Keep a regular

bedtime and waking schedule. There are other good habits, like a

healthy diet and exercise, that can help you sleep better.

Any time is a good time to implement positive changes to your habits

could be a great time to reset your sleep schedule!

and life. Start with one of the suggestions below, add as you can, and prepare for a great night's sleep!

Take a walk during the day Sunshine helps regulate your body's internal clock. It also increases your serotonin, which leads to healthier sleep. Regular activity or exercise for 30 minutes each day helps

people fall asleep more easily.



like gastrointestinal upset or heartburn from interrupting your sleep.

are also rich in tryptophan.

Snack on pumpkin seeds

Drink an evening "mocktail"

Have a turkey burger for dinner

Turkey is one of the highest sources of L-tryptophan, an amino acid that helps you sleep better. Chicken and tuna

This allows enough time for digestion. You can avoid things

Eat no later than three hours before going to bed



Have sparkling water mixed with tart cherry juice concentrate rather than wine. Tart cherries contain

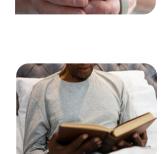
Chamomile has an antioxidant that's been shown to

Using tablets or phones close to bedtime can wreak havoc on your sleep. Reading a book is more likely to

Magnesium may improve the quality of your sleep.

melatonin, a hormone that helps regulate your sleep cycle. Avoid alcohol and caffeine prior to sleep. This allows your body to enter the deepest and most restful stages of sleep

Pumpkin seeds are an excellent source of magnesium.



Read from a physical book

help improve your slumber.

support a good night's sleep.

Drink chamomile tea

uninterrupted.

sleep.

Consider a bedtime stretching routine Gentle stretching and calm, deep breathing are great ways to wind down and set yourself up for a good night's



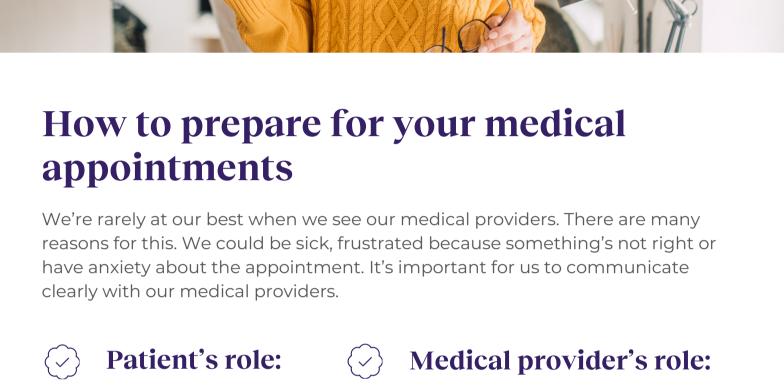
enough-sleep-infographic.html ² https://cihr-irsc.gc.ca/e/52375.html

¹ https://www.canada.ca/en/public-health/services/publications/healthy-living/canadian-adults-getting-

Listen

Trust the patient's point of view

• Diagnose based on facts



The key to getting the best treatment possible is to be prepared.

To ensure you always get the best care, come prepared and

have an open conversation with your provider.

• Keep track of your symptoms, onset, duration, intensity, and what seems to make them better or worse. Keep your doctor up to date with any changes to your overall health. Have a list of any medications (prescription and over-the-counter) and supplements that you take.

Make a list of your concerns and prioritize them.

Share symptoms

Share concerns

Share issues

developing heart disease, cancer and even death.1

It seems like plant-based eating is the hottest thing in food options today. Fast-food chains all seem to have alternative "meats" on their menus, and

grocery stores have upped their options. It makes sense. Studies have associated regular intake of red meat with cardiovascular health consequences. Red and processed meats contain high amounts of cholesterol and saturated fat, and

there are many studies that link regular red and processed meat consumption to

Still, use caution with meat alternatives since they are highly processed and may

contain just as much saturated fat as beef versions. Eating a plant-based diet doesn't have to be all or nothing. Some people describe themselves as semivegetarian or "flexible" vegetarian, consuming mostly plant-based, nutrient-

Delicious plant-based swaps (really!)

Natural ways to add plant-based protein: Quinoa Lentils Flax seeds Nut butters Tofu · Garbanzo beans

dense foods with occasional meat.² You could adopt a "Meatless Monday"—or any day of the week.

Try substituting one of the following recipes for a meatless meal.

filling your plate with more plants than animal products. Below are a few

Breakfast: Veggie scramble with a side of berries

Maybe it's dinner one day or breakfast the next. Before you know it, you could be

Spray a pan with cooking spray. Over medium heat, add tofu, tomatoes, onion and bell pepper.

Calories: 259 | Total fat: 11 g | Saturated fat: 2 g | Sodium: 42 mg | Cholesterol: 0 mg

• 2 large collard greens leaves

refried beans, warmed

• ½ cup canned low-sodium vegetarian

• ½ cup cooked brown rice, warmed

Total carbs: 30 g | Fiber: 5 g | Sugars: 7 g | Protein: 24 g | Potassium: 809 mg

Lunch: Black bean collard burrito (Swap for beef burrito) Makes 1 serving | Prep: 5 minutes | Cook: 20 minutes

Ingredients

• 2 Tbsp salsa

Wash collard greens leaves well, and trim off thick stems. Lay flat. With a fork, mash the center vein to make it more pliable. Put beans, rice, salsa and avocado on leaves and roll like a burrito.

Dinner: Grilled portobello mushroom with broccoli & sweet

• 2 Tbsp salsa

Coat a medium skillet with cooking spray. Over a medium flame, cook portobello mushroom until lightly browned, around 3-5 minutes. Flip and cook on other side for another 2-3 minutes. Slide mushroom onto plate. In the same skillet, sauté white kidney beans with rosemary and garlic. Top mushroom with bean mixture and salsa. Serve with broccoli and sweet potato.

Use an unlimited amount of non-starchy vegetables. Add a squeeze of lime or diced jalapeno peppers.

• ½ avocado, sliced



Preparation

Veggie boost:

• 3-4 oz portobello mushroom ¾ cup white kidney beans, drained and rinsed • 1 tsp fresh rosemary • 2 cloves garlic, crushed

- ¹ https://healthsci.mcmaster.ca/home/2021/03/31/worldwide-study-ratifies-link-of-processed-meat-to-² https://cns-scn.ca/education-resources/resources/flexitarian-diet
- ½ cup roasted broccoli • Small baked sweet potato

Cook for 3-4 minutes, until onions are translucent. Serve with a side of berries. Add extra non-starchy veggies like spinach or zucchini. Use pepper and garlic powder. Mix in 1/2 sautéed sweet potato.

- potato (Swap for a pork chop) Makes 1 serving | Prep: 10 minutes | Cook: 12 minutes Ingredients
 - Whether for "Meatless Monday," or any day, these plant-based options are all delicious and packed with nutrients, including protein. Your overall health will thank you.

Serve with a side salad.

Contact Us Today If you're dealing with medical uncertainty of any kind,

Makes 1 serving | Prep: 5 minutes | Cook: 3-4 minutes **Ingredients** Cooking spray • 1 cup firm or extra firm tofu, cubed • ½ cup chopped tomatoes • ½ cup chopped onions • ½ cup chopped bell peppers • 1 cup strawberry halves

options, but the choices are endless.

(Swap for scrambled eggs)

Preparation

Veggie boost: Flavour boost:

Energy boost:

Preparation

Veggie boost:

Flavour boost:

Nutrition information per serving

Nutrition information per serving

- Calories: 420 | Total fat: 17 g | Saturated fat: 2 g | Sodium: 347 mg | Cholesterol: 0 mg Total carbs: 58 g | Fiber: 16 g | Sugars: 3 g | Protein: 13 g | Potassium: 584 mg
- Calories: 305 | Total fat: 1 g | Saturated fat: 0 g | Sodium: 465 mg | Cholesterol: 0 mg Total carbs: 64 g | Fiber: 20 g | Sugars: 10 g | Protein: 20 g | Potassium: 1,687 mg
- Teladoc Health can help. Call 1-877-419-2378 or go online to Teladoc.ca

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Flavour boost: Add lemon pepper, fresh lemon juice, and roasted broccoli. Nutrition information per serving

cardiovascular-disease-and-death

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