

Extra Sleep Improves Kids' Behavior

Moderately increasing sleep in children made a big difference in their school behavior. Canadian researchers randomized 34 healthy children 7-11 who had no behavioral, academic or sleep problems to one group who received an extra hour of sleep and one who had an hour taken away from their usual sleep time (9.3 hrs.) for 5 nights.

On average, those who had their sleep time extended got 27 minutes more sleep, and it improved their emotional stability and reduced restless and impulsive behavior.⁴

PositiveTip:

Make sure your kids—and you—are getting optimal sleep!



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References:

1. <http://www.positivechoices.com/tips/2012/10/08>
2. <http://bit.ly/TFf3IU>
3. Proverbs 14:25 NLT
4. <http://bit.ly/VnFjJc>

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Are Flu Shots Really Evil?

By Fred Hardinge, DrPH, RD

After publishing a PositiveTip recommending a flu shot¹ we received an email message from a very zealous, but misguided health enthusiast. I will quote just a part without any edits:

“ There is not one ingredient in the ‘flu’ cocktail of toxins that would help the immunity to protect us from ‘flu’! ‘Our’ own immune system keeps us safe/healthy... Not not not list of poisons/toxins ! ???Why???? Are you not not promoting the 10 natural laws of health reform from our creator? Ha? ”

This kind of rhetoric is sad-denying! It demonstrates a haughty, angry attitude rooted in misinformation and bold falsehoods. It defies current evidence-based knowledge on the subject.

Anyone who regularly reads *HealthBites* knows we are passionate about the benefits of wise, healthful choices. We advocate that the best way to prevent disease is through a careful and balanced lifestyle combined with trust in God.

It is helpful to remember there are no absolute guarantees in life. Not all smokers get lung cancer. There are those who eat and live very carefully, never smoke, and still get cancer, develop heart disease, or have a stroke.

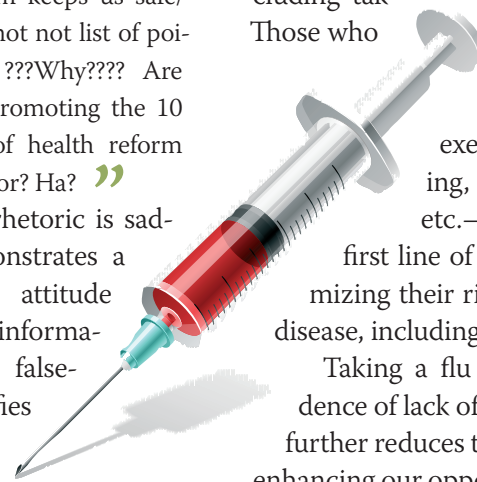
So what is going on? It basically comes down to minimizing our risks by the choices we make—including taking a flu shot. Those who choose to live healthfully—eating well, exercising, sleeping, trusting in God, etc.—employ the

first line of defense in minimizing their risks of acquiring disease, including influenza.

Taking a flu shot is not evidence of lack of faith, but rather further reduces the risk of the flu, enhancing our opportunity to serve and help others. Vaccines have been a tremendous blessing to this world saving millions of lives! In the U.S., unvaccinated children are 3.1 times more likely to get the flu.²

We are all bombarded with enormous amounts of information today.

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Sleep Apnea: A Real Problem

By Max Hammonds, MD, MPH

"Yeah, I'm the champion snorer in my family. What's the big deal?"

Apnea means "without breath." If apnea continues for four minutes, you will die. It's a big deal. If apnea occurs while you are sleeping, you will not know it. Fortunately, your body has mechanisms that will try to

hypertension, congestive heart failure, weight gain, worsening coronary disease, asthma, COPD, severe sleepiness during the day, and inability to think logically or creatively.

The cause of sleep apnea is an anatomically closed airway: too much fat pushing in on the airway, swelling, muscular relaxation,

looseness of airway tissue, enlarged tongue, enlarged tonsils or adenoids (in kids).

Some

general treatments might include: weight loss, allergy treatment, avoidance of alcohol and nicotine, and adjustment of pain meds. For some mild cases changing the sleep position may suffice.

Treatment for more persistent cases requires specific, an-

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correct the problem, but only after 30-45 seconds "without breath." The result is your body, while you sleep, seesaws between normal oxygen levels and low levels; between normal breathing and increasingly strenuous struggles to breathe. The consequences are: increased adrenaline, increased blood pressure, increased heart rate, increased airway swelling, increased fluid in the lungs, shifts in blood flow away from bowel and liver, loss of deep and REM sleep. The effect on the body is



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Some of it is factual, and a lot of it is not. We need to avoid disseminating untruths catering to those who delight in creating

fear and uncertainty. Scripture gives us wise counsel.

"Souls are saved by truthful witness and betrayed by the spread of lies."³

Trivia:

One person dies around the world from using tobacco as indicated every how many seconds?

- 3 seconds
- 6 seconds
- 10 seconds
- 60 seconds

Answer: 6 seconds

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atomical interventions. Nasal strips might work for nasal opening obstruction only. Oral appliances in the mouth might work for enlarged tongue or slack throat tissue only. Surgery might work for internal nose, or back of the throat obstruction only.

Continuous positive airway pressure (CPAP) machines can be cumbersome, but they work for almost every type of airway obstruction. Thus, they are usually the first intervention tried by most clinicians. Of course, no treatment works if it is not used every night.

Do you need to be treated? Ask your family two simple

questions, "Do I snore?" and "Do I stop breathing while I am asleep?" If the answer is yes to either question, you need a sleep study to determine how often you stop breathing and how low your oxygen goes when you do. You also need a physical exam to try to determine where the obstruction is before assuming that any one treatment is right for you.

Don't mess around. Sleep apnea is dangerous and potentially lethal. Find out today.

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