

# MOBILE PERSONAL SERVICES, INC. HOME HEALTH CARE

JANUARY 2012

VIEW ONLINE AT <http://www.mpsi.biz/>

## Happy Birthday To:

Julie Forbes  
Lindsay Brittin  
Heidi LaBrie  
Annie Onaolapo  
Mary Stahler  
Jessica Stanton

## Happy Anniversary

Dahiana Flores - 1 year  
Betty Hollis - 1 year  
Lucysendia Jude - 9 years

## Mobile Personal Services Welcomes:

Alicia Altman  
Robyn Wilson  
Alba Lopez

## Earn \$25.00 Gift Card!!!

1. An idea to improve our company is implemented.
2. Refer a nurse that gets hired.
3. Refer an aide that gets hired.

## TRIVIA CORNER

**Q:** Who were the first people to use eyeglasses?

**A:** Italians were the first in 1286. Venetians, known for their glass-making expertise, made small lenses for the eyes. In 1784, Benjamin Franklin invented bifocals by combining two lenses in a single frame.

## CAN SLEEP DEPRIVATION MAKE YOU SICK?

Recent evidence suggests that lack of sleep can lead to health problems, but these results remain controversial.

The most distinguishing link between sleep and disease comes from studies showing that people are more likely to become obese if they sleep less. Obesity is definitely linked to an increased risk of many diseases. Columbia University in New York published a study that found people between the age of 32 and 49 who slept four hours or less per night were 73 percent more likely to be obese than people who slept between seven and nine hours per night.

Sleep deprivation could lead to weight gain by disrupting production of the appetite regulating hormones. Sleep deprivation can also cause disruptions in the way the body regulates blood sugar.

Lack of sleep can also elevate the body's production of stress hormones, boost blood

pressure, and increase substances in the blood that increase inflammation in the body. Inflammation is a major risk factor for heart disease, cancer, stroke, diabetes, and obesity.

The new data on the sale of sleeping pills suggests that millions of Americans are having trouble sleeping.

Dr. Weil, a trusted Health Advisor, has the following suggestions for getting a good night's sleep:

1. Ensure your mattress and pillow are in good condition and comfortable.
2. If your bedroom is noisy, buy a cheap white noise machine.
3. Try relaxation breathing exercises.
4. If you can't sleep, get up and read or do some light stretching so you can relax.
5. You may also consider using melatonin occasionally to help you fall asleep.

([www.drweil.com/frw/u/QAA366281/sleep-deprivation](http://www.drweil.com/frw/u/QAA366281/sleep-deprivation))