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Your Monthly Employee Wellness Newsletter

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FEATURE · SUMMER SLEEP

5 Ways to Sleep Better in the Summer

A good night's sleep is crucial for overall health and well-being, but as the days grow longer and temperatures rise, many people find falling and staying asleep increasingly difficult. Longer daylight hours delay your body's production of melatonin, which affects the circadian rhythm that regulates your sleep-wake cycle.

Hot weather raises your body temperature and can push you into a heightened state of awareness, making it harder to fall asleep or causing you to wake up. Busy summer social calendars add further disruption.

> *The American Academy of Sleep Medicine found that 1 in 3 people say they sleep less in the summer.*

Try these five tips:

1. Keep a consistent schedule. Stick to a regular sleep and wake time to regulate your circadian rhythm.
2. Create a cool sleep environment. 65°F is the ideal temperature for sleep.
3. Use lightweight fabrics. Cotton, linen, bamboo and silk keep you comfortable.
4. Try a sleep mask. It helps darken the room without fully blocking out light cues.
5. Stay hydrated. Drink water throughout the day, but taper off before bed.

FROM THE TRAIL

Longer days make it easy to push sleep aside. Our team is using the tips above this month — cooler rooms, a steady bedtime, and water instead of a late iced coffee.

If you have questions about your sleep quality, talk with your doctor.

— Jeff & the Apex Benefits Team

SUMMER SAFETY

Well-Being Tips for Festivals & Fairs

Festivals and fairs carry health and safety risks — heat-related illness, sun exposure, dehydration, crowd hazards and foodborne illness. Keep these tips in mind:

- Plan ahead. Check the weather and know the venue layout, exits and water points.
- Check event policies. Review rules on bags, water bottles and sunscreen containers.
- Stay cool and hydrate. Wear light clothing and take shade breaks.
- Use sun protection. Reapply broad-spectrum sunscreen every two hours.
- Protect your hearing. Use earplugs in loud areas.
- Eat and drink responsibly. Choose vendors with clean setups; balance alcohol or caffeine with water.

IMMUNIZATION AWARENESS

Are You Up to Date on Your Vaccines?

Every August, National Immunization Awareness Month promotes vaccination at every life stage. The CDC publishes immunization schedules for:

- Infants and children (birth to age 6)
- Preteens and teens (ages 7–18)
- Adults (ages 19 and older)
- Pregnant people (before, during and after pregnancy)

If you're behind on routine vaccinations, talk to your doctor — flu season is around the corner.

HEALTHY RECIPE

BBQ Chicken Pizza

12 servings

INGREDIENTS

- 6 whole-wheat English muffins
- ¾ cup barbecue sauce
- 1½ cups cooked, cut-up chicken breast
- ¾ cup shredded cheddar cheese
- 1 bell pepper, chopped

DIRECTIONS

1. Heat oven to 450°F.
2. Slice English muffins in half; place on an ungreased cookie sheet.
3. Spread barbecue sauce to within ¼-inch of the edges.
4. Top with chicken, cheese and bell peppers.
5. Bake 7–12 minutes, until cheese is melted.

NUTRITION INFO (per serving)

143 Calories	**4g** Total Fat
10g Protein	**393mg** Sodium
19g Carbs	**2g** Fiber
2g Sat. Fat	**8g** Sugars

Source: MyPlate

GLP-1s by the Numbers

$6,540	avg. annual drug cost per GLP-1 user
10.5%	of annual pharmacy claims in 2025 (up from 6.9% in 2023)
20.3%	of Rx spend in large self-funded plans
8 in 10	employers report GLP-1s driving cost increases

Sources: Int'l Foundation of Employee Benefit Plans; Benefitfocus State of Employee Benefits Report 2026; 2026 Business Group on Health survey.

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