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LIVE WELL, WORK WELL

Your Monthly Employee Wellness Newsletter

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FEATURE · NATIONAL SLEEP COMFORT MONTH

The Right Way to Catch Up on Sleep



November is National Sleep Comfort Month. Adults generally need seven to nine hours of sleep a night, yet the CDC estimates 1 in 3 adults don't get enough. Does sleeping in help?

> ***Missing sleep creates sleep debt — the gap between the sleep the body needs and the sleep it receives.***

Partly. One to two extra hours is the sweet spot, but a weekend won't erase a week of short nights; recovery takes days to weeks.

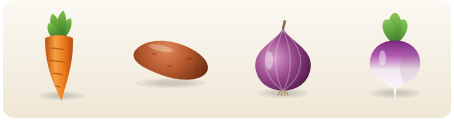
- **Go gradual.** Add 30–60 minutes a night instead of one long lie-in.
- **Stay consistent.** Keep a regular bedtime and wake time.
- **Nap short.** Keep naps under 30 minutes.
- **Set the scene.** Cool, dark and quiet; skip screens and alcohol near bedtime.

Still tired? See a provider — sleep apnea, insomnia and restless legs are treatable.

HEALTHY RECIPE

Roasted Root Vegetables

Makes 6 servings



INGREDIENTS

- 1 sweet potato
- 1 rutabaga
- 1 onion
- 1 potato
- 2 carrots
- 1 turnip
- 1 Tbsp. olive oil
- 3 oz. reduced-fat Parmesan
- ¼ oz. garlic powder
- ¼ oz. ground sage
- ¼ oz. dried rosemary
- All vegetables chopped

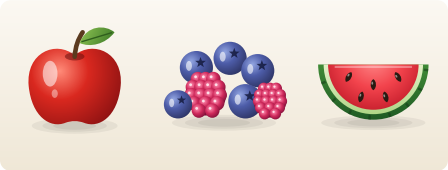
PREPARATIONS

1. Heat oven to 350°F.
2. Toss vegetables with oil and seasonings on a baking sheet. Bake 30–40 minutes until tender.
3. Sprinkle with Parmesan before serving.

Source: USDA

NUTRITION · HEART HEALTH

Eat Fruit for Heart Health



Fruit may help lower key heart disease risk factors, including high cholesterol, high blood pressure and inflammation.

Fiber	Soluble fiber traps cholesterol so the body can excrete it.
Potassium	Eases tension on blood vessel walls.
Antioxidants	May reduce inflammation.
Berries	Raspberries lead for fiber; blueberries may improve blood flow.

Tip: choose a variety of whole, fresh fruits and limit juice, which lacks fiber. Managing a health condition? Check with your provider first.

FINANCIAL WELLNESS · HOLIDAY SEASON

Start Planning Now to Lower Holiday Financial Stress



Households that plan and set money aside early tend to keep holiday costs lower.

58%

of Americans feel greater financial concern heading into the holidays than last year.

Source: 2026 Holiday Shopping Survey

- List every cost — gifts, food, travel and hidden extras like shipping.
- Shop early and compare prices.
- Set a dollar limit per person and review weekly.
- Pay with cash or debit to avoid interest.

COMMUNITY SPOTLIGHT

Epilepsy Awareness Month

Spotlight: Epilepsy Foundation New England

EPILEPSY FOUNDATION
NEW ENGLAND

One in 10 people will have a seizure in their lifetime, and one in 26 will develop epilepsy, so chances are someone you work with is affected. Since 1983, Lowell-based Epilepsy Foundation New England (EFNE) has served families across MA, ME, NH, RI and VT. Its mission: to improve the lives of people affected by epilepsy through education, advocacy, research and connection.

HOW EFNE HELPS

- **Care management:** personal, one-on-one help
- **Emergency aid:** one-time awards, $50–$1,000
- **Support groups:** for adults, youth and parents
- **Youth programs:** camps, scholarships and a young adult network
- **Training:** seizure first aid courses

EXPLORE THE KNOWLEDGE CENTER

EFNE's free online Knowledge Center offers clear, trusted answers for employees, families and caregivers:

- **Basics:** what a diagnosis means
- **Seizure types:** plain-language guides
- **Treatment:** medication, surgery, diet and neurostimulation; medication controls seizures for about 7 in 10 people
- **Seniors:** fall risk and medication interactions
- **Wednesday Webinars:** free weekly expert talks on topics like sleep, medications, and the ADA and employment

Seizure First Aid: STAY · SAFE · SIDE

1. **Stay** with the person and time the seizure.
2. **Keep them safe.** Clear the area.
3. **Turn them on their side** if not awake.

Call 911 if a seizure lasts longer than is usual for that person or they may be injured.

GET SUPPORT

EFNE Help Desk: 617-506-6041 x109
Helpline: 1-800-332-1000
Spanish: 1-866-748-8008
epilepsynewengland.org

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