

What's new at Luzio?

We would like to welcome Amy Walker to our agency. Amy graduated from the University of Southern Indiana with a Bachelor of Social Work and a Master of Social Work. We are very excited to have Amy join our team of energetic professionals!

WELCOME AMY!!!

GROUP THERAPY

This month we will be offering *Girls Circle* a self-esteem group for high school females.

This group starts September 21, 2016.

This group will meet every Wednesday. Come see why so many young females are calling this group "fun, entertaining, and exciting."

Please ask about additional groups

If only we could all sleep like babies...



Really?

These can affect your sleep

- * Caffeine, alcohol, nicotine, and antihistamines
- * TV, cell phone, even our overhead lights
- * Loud noises
- * Cluttered room/environment
- * Jet lag or changes in the sleep routine

How much sleep do you need?

- * Infants – about 16 hours
- * Preschoolers – 10 to 13 hours
- * School-age Children – 9 to 11 hours
- * Teenagers – 8 to 10 hours
- * Adults – 7 to 9 hours

Sometimes too much of something can be bad...over sleeping can be harmful to the body as well.

Did you know?

Poor sleep can:

- * Cause you to be more impulsive
- * Cause you to be more emotional
- * Weaken your immune system, which causes you to become sick more easily
- * Cause you to eat more and gain weight
- * Cause difficulty with making decisions
- * Cause impairments with your memory
- * Age your skin

What can be done to improve sleep?

- * Set a schedule
 - Go to bed at the same time every night and get up at the same time every morning.
- * Physical Activity
 - Stay active during the day, make exercise a priority.
- * Avoid caffeine, nicotine, and alcohol hours before bed
- * Relax before bed,
 - Bath, reading, meditation
- * Don't lie in bed awake
 - If you can't sleep, don't force it. Read or listen to music.
- * Comfortable environment
 - Comfortable temperature, clean and organized room, quiet and dark.

References:

<http://www.health.com/health/gallery/0,,20906153,00.html/view-all>
<http://healthysleep.med.harvard.edu/healthy/science/how/external-factors>
<https://sleepfoundation.org/excessivesleepiness/sleep-news/how-much-sleep-do-babies-and-kids-need>