



# DAY IN DAY OUT

WELCOA'S ONLINE BULLETIN FOR YOUR LIFESTYLE

## Take Control!

### Tips To Improve Sleep

Sleeping shouldn't feel like a chore. Follow these savvy sleep tricks to help you drift comfortably into dreamland.

#### Secure Your Environment

- ⌚ Keep your room at a comfortable temperature. It's best to set it at a cooler temperature. The most desirable temperature of the bedroom is 60 to 65 degrees Fahrenheit (16-18 degrees Celsius).
- ⌚ Hang a "sleeping zone" sign on the outside of your bedroom door. Keep the television and work documents outside your sleeping quarters.
- ⌚ Try to ensure a noise-free place to help minimize distractions.
- ⌚ Keep your clock's face out of sight at night. Watching your clock can sometimes keep you awake longer.
- ⌚ Turn off the light. Making a room dark signals your body to rest and relax.

- ⌚ Noise from inside or outside the bedroom can disturb sleep. Try using steady or low sounds to serve as a comfortable muffle.

#### Natural Ways To Unwind

- ⌚ Relax and wind down about an hour or so before you want to get to sleep.
- ⌚ Try to wake up and go to sleep at the same time each night. Your body and mind will appreciate the schedule!
- ⌚ Keep a regular meal schedule.
- ⌚ Get out of bed and go to another room if you can't sleep within the first 15 to 20 minutes. Return when you feel tired again.
- ⌚ Exercise! But choose your activities wisely.

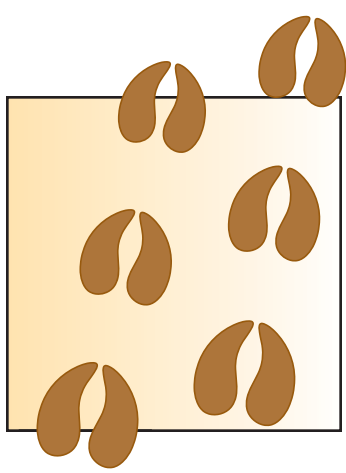
### Quick Sleep Action Plan

Try these activities before dinnertime and see if it improves your sleep. You will be happy you did!

- Walk your dog.
- Catch up with an old friend on your cell phone while you walk around your neighborhood.
- Invite someone to go to a local park to swing or play frisbee.
- Take a brisk walk with your family or just experience some quiet time by walking by yourself.
- Pop in a yoga or pilates tape.
- Shovel snow or rake leaves.
- Drive to the gym and get 30 minutes of cardio in before going to a movie with friends.



**Wellness Council of America**  
17002 Marcy Street, Suite 140 | Omaha, NE 68118  
Phone: 402.827.3590 | Fax: 402.827.3594  
[www.welcoa.org](http://www.welcoa.org)



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A HEALTHY RECIPE

BY RICHARD COLLINS, MD

## MOTHERLODE STRAWBERRY CHEESECAKE



### Measure: Ingredients:

#### Crust

- 1 ¼ cups reduced-fat graham cracker crumbs
- 2 Tbsp. sugar or 1 Tbsp. Splenda Sugar Blend
- 2 Tbsp. egg substitute

#### Filling

- 15 oz. reduced-fat or fat-free ricotta cheese
- 12 oz. nonfat cream cheese
- ½ cup egg substitute
- ⅓ cup all-purpose flour
- ¾ cup sugar (or 1/3 cup Splenda Sugar Blend)
- 2 tsp. vanilla
- 1 Tbsp. lemon juice

#### Topping

- ½ cup nonfat sour cream
- 2 Tbsp. sugar (or 1 Tbsp. Splenda Sugar Blend)
- 1 pint fresh strawberries, stems removed

### Preparation:

Place the crumbs and egg substitute in a mixing bowl and mix until crumbs are moist. Coat a 9-inch springform pan with cooking oil spray. Using a fork, press the crumbs on bottom and sides of pan, approximately ½-inch thick. Bake the crust in a 350° oven for 8-10 minutes. Cool.

Place all filling ingredients in a food processor and blend until smooth. Pour the filling into the crust and bake at 325° for 55-60 minutes, until the center is firm.

Mix together sour cream and sugar for topping. Spread topping over the top. Return cheesecake to oven for 10 minutes. Turn off oven and leave door ajar. Bring to room temperature and wrap cheesecake in plastic wrap; refrigerate at least 3 hours. Release cheesecake from springform. Arrange strawberries on top. Serve at room temperature.

**Number of Servings:** 12

**Nutrition Analysis:** *Calories 216, Fat 4g (Sat. 2g), Cholesterol 14mg, Protein 11g, Sodium 284mg, Carbohydrate 33g*

## Holiday Moose Munch

### Ingredients

- |       |                                       |        |                     |       |                        |
|-------|---------------------------------------|--------|---------------------|-------|------------------------|
| 2     | egg whites, beaten with 2 Tbsp. water | ½ cup  | Splenda sugar blend | 1 cup | hickory-smoked almonds |
|       |                                       | ½ tsp. | salt                |       |                        |
| 1 cup | walnut halves                         | 1 tsp. | cinnamon            | 1 cup | dried cranberries      |
| 1 cup | pecan halves                          | ½ tsp. | nutmeg              | 1 cup | dried cherries         |
| 1 cup | pistachios                            | ¼ tsp. | cloves              |       |                        |

### Directions

After beating the egg whites with water, add walnuts, pecans and pistachios and stir to coat well. Combine Splenda Sugar blend, salt and spices and add to nut/egg mixture. Stir well, so that the Splenda Sugar blend clings to the nuts. Spray nonstick cooking oil onto a jelly roll pan. Thinly spread nuts on the coated pan. Bake in 275° oven for 30 minutes. Stir several times while they bake to prevent sticking and clumping. Cool. Add almonds, cranberries and cherries. Store in an airtight container.

### Nutrition

Calories: 178, Total Fat: 12g, Cholesterol 0mg, Sodium 73mg, Carbohydrate 16g, Protein 4g

**Servings:** 24



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