



# HeartScan

## SERVICES

Prevent the Event!  
866-518-1112

### ARE YOU SLEEP DEPRIVED?

One-Third of Americans regularly sleep 6.5 hours or less per night, short of the 7.5 to 8 hours recommended by scientists and researchers. Lack of sleep results in: drowsiness, fatigue, decreased alertness, slowed reaction times, and impaired thinking and judgment. A drowsy driver may be as dangerous as a drunk driver and may be so tired that they do not recognize the onset of sleep.

### SLEEP DEPRIVATION: What Does It Mean for Police Officers?

Sleep deprivation may affect up to 4 in 10 police officers, leading to higher rates of safety violations, falling asleep while driving and other problems. Sleep deprivation can have major implications for the officers' health and performance, and subsequently for public safety.

### WORKING IN A 24-HOUR WORLD. Are You Sleep Deprived?

Police and Firefighters must operate around the clock out of necessity. Stress and the unpredictability of emergency work set firefighters and police apart from other occupations. Firefighters who work 24-hour shifts, a common service schedule, are subjected to lack of adequate sleep and interrupted sleep on duty because of alarm responses. Shift work in general interferes with circadian sleep patterns and creates sleep deprivation. This in turn leads to fatigue and accidents, both on and off the job.

- You feel irritable, tired, and stressed during the week.
  - You have trouble concentrating and remembering.
  - You fall asleep in warm rooms during meetings or classroom training.
  - You need a nap to get through the day.
  - You feel drowsy while driving.
1. **Determine how much sleep you need** to feel well rested on a daily basis. Multiply that number by 7. The resulting number is the amount of sleep you need per week.
  2. **Give yourself a quiet, completely dark, comfortable day-sleep environment** with no distractions.
  3. **Try to get two three- to four-hour blocks of sleep** during the day when you work the night shift.
  4. **Learn to catnap.** Take a short 20–30 minutes of time with eyes closed, situated in a comfortable and resting position. You do not have to sleep to get the benefit of a catnap.

## CRAN RAZZY

**Summer Low-Cal Healthy Cocktail:** To keep calories in check, use seltzer along with juice in drinks like vodka and cranberry. Total Time: **1 hour 10 minutes (including 1 hour freezing time)**

### **Nutrition Profile:** Low carbs, Low calories and Gluten Free

- 1/2 cup fresh or frozen raspberries, for garnish
- 2 cups cranberry-raspberry juice
- 2 cups seltzer
- 2 tablespoons lime juice, plus 4 wedges for garnish
- 6 ounces (3/4 cup) vodka



### **Preparation**

1. If using fresh raspberries, freeze them in a single layer for about 1 hour (or overnight) before proceeding with Step 2.
2. Combine cranberry-raspberry juice, seltzer, lime juice and vodka in a pitcher. Divide among 4 ice-filled glasses. Garnish with frozen raspberries and lime wedges.

**163 calories; 0 g fat ( 0 g sat , 0 g mono ); 0 mg cholesterol; 16 g carbohydrates; 0 g added sugars; 0 g protein; 1 g fiber; 6 mg sodium; 158 mg potassium.** Nutrition Bonus: **Vitamin C (20% daily value).**