



## March is National Nutrition Month

The foods you eat can affect your sleep. Have you ever wondered why certain foods make you feel energized while other foods make you feel tired? Understanding how foods and beverages affect your body can make a significant impact on your ability to fall asleep.

### Foods That Help You Get Your ZZZs

**Tryptophan** is an amino acid that can help promote sleep. It is found in dairy foods such as milk, cheese, and yogurt, and can also be found in:

- Nuts & Seeds
- Bananas
- Honey
- Eggs



**Carbohydrates** are rich foods may also help you feel sleepy. A small bowl of cereal with low-fat milk or a small piece of cheese with whole-grain crackers are great bedtime snack options.

### Foods That Hinder Your Sleep

For better sleep, it's best not to have caffeine within four to six hours before bedtime. And that doesn't just mean coffee—caffeine can also be found in:

- Chocolate
- Cola
- Energy drinks
- Tea
- Some medications

**Spicy foods** can cause discomfort from indigestion or heartburn, making it difficult to fall asleep. It's best to avoid any heavy or spicy meals at least four hours before bedtime.

**Alcohol**, beer, wine, or other beverages are used by many to help them relax and fall asleep. Although alcohol may help in the short term, it can disrupt sleep patterns over the course of the night and impact the deeper stages of sleep. This may cause you to wake up still feeling tired.

To help lessen the effects of alcohol when drinking at night, try to drink a glass of water for each alcoholic beverage you have. And ideally avoid alcohol four to six hours before bedtime.

## Quick Tip

Avoid eating a big meal or drinking a lot before your regular bedtime to help you get sound sleep.

## Additional Resources

- [Academy of Nutrition & Dietetics](#)
- [Centers for Disease Control and Prevention](#)
- [Healthy Weight Series](#) – open to all employees
- [Omada Health](#)
- [BurnAlong](#)

## Level Up Your W.A.Y. National Nutrition Month Events:

### Register Now for Webinars

Elevate your total well-being! [Browse the offerings and sign up today!](#)

Every week, Level Up will raffle off **three items**:

- **One \$100 Gift Card**
- **One Ninja Combi All-in-One Multicooker**
- **One Ninja Kitchen System with Auto IQ Boost 7-Speed Blender**



### Here are the winners for Week 2:

- Sumiya Davis ~ Department of Family Services
- Crystle Mills ~ Police Department
- Sharniqua Walden ~ Board of Elections

**To be entered into the random drawing every other week, you must register and attend at least one (1) webinar scheduled for that week.** Prize winners will be announced during the weekly Wellness Wednesday articles. Prizes will be distributed at the end of the month.

## Showing Our **L♥VE** to the Wellness Champions!

**Level Up is spreading the love with a new initiative: Wellness Champions Spotlight!** We value our Wellness Champions who are rockstars that inspire, encourage, and lead individuals and teams on a journey to a happier and healthier

life. And we want you to get to know these ambassadors who are committed to building a culture of wellness for Prince George's County Government.

## Wellness Champion Profile

**Name:** Tammie Milliner

**Position:** Risk Management Admin Aide

**Department:** Office of Finance

**Years with the County:** 16

### Why did you volunteer to be a Wellness Champion?

Health and Wellness is important to me. I personally enjoy keeping busy, it's motivating and encouraging to have like-minded support along the way.



**What do you do for exercise or physical activity?** Zumba is my favorite. In addition; outdoor walks, spin class, Pilates, treadmill, and strength training – I love to mix it up!

**What is your health goal(s)?** Acquire and maintain overall health and wellbeing; physically, financially, mentally & spiritually.

**What is your favorite healthy snack?** High protein yogurt parfaits. I love trying new things, so I won't get bored. When I'm in a rush, I enjoy eating fresh fruit, or a protein bar.

**What keeps you motivated?** Always maintaining a positive attitude, seeing others around me begin their health & wellness Journey, and encouraging one another to be their best.

**What is your favorite motivational quote?** "Attitude is a little thing that makes a big difference. Nothing is impossible. The word itself says I'm possible!"

Office of Human Resources Management  
Level Up – Employee Wellness Program  
1400 McCormick Drive, Suite 351  
Largo, MD 20774  
[LevelUp@co.pg.md.us](mailto:LevelUp@co.pg.md.us)

