

March 2015

Sullivan Benefits



Sleep Awareness Month

Getting the proper amount of sleep is important for your health and your ability to be safe and productive at work. Fatigue can lead to various medical conditions such as depression, diabetes, anxiety and high blood pressure.

Insufficient sleep leads directly to fatigue, which is characterized by drowsiness, moodiness, loss of energy, headaches, loss of appetite, and decreased motivation and concentration. If fatigue plagues you, try to improve your sleep habits.

- Schedule seven to eight hours of sleep every night; if you stay up late and need to get up early in the morning, you won't get enough sleep.
- Avoid caffeine, alcohol and nicotine three to four hours before bedtime.
- Create a comfortable sleep environment with minimal noise and light, as these things might keep you awake or wake you up during the night.

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

National Endometriosis Awareness Month – www.endometriosisassn.org
 National Colorectal Cancer Awareness Month – www.preventcancer.org/colorectal
 National Kidney Month – www.kidney.org
 National Nutrition Month - www.eatright.org/nmm
 Trisomy Awareness Month - www.trisomy.org
 National Problem Gambling Awareness Month – www.npgaw.org
 Save Your Vision Month – www.aoa.org

Workplace Eye Wellness Month – www.preventblindness.org
 National Sleep Awareness Week (2-8) – www.sleepfoundation.org
 National School Breakfast Week (2-6) - www.schoolnutrition.org/nsbw
 Patient Safety Awareness Week (8-14) - www.npsf.org
 National Women and Girls HIV/AIDS Awareness Day (10) – www.womenshealth.gov
 World Kidney Day (12) – www.worldkidneyday.org

1	2	3	4	5	6	7
	National School Breakfast Week National Sleep Awareness Week				National Youth Violence Prevention Week	
8 Patient Safety Awareness Week	9	10 National Women and Girls HIV/AIDS Awareness Day	11	12 World Kidney Day	13	14
15 National Poison Prevention Week Flood Safety Awareness Week	16 Brain Awareness Week	17 St. Patrick's Day	18	19	20 National Native American HIV/AIDS Awareness Day	21
22 National Tsunami Preparedness Week	23	24 American Diabetes Alert Day World Tuberculosis Day	25	26	27	28
29	30	31	Flood Safety Awareness Week (15-21) – www.floodsafety.noaa.gov National Poison Prevention Week (15-21) – www.poisonprevention.org/poison.htm Brain Awareness Week (16-22) – www.dana.org/brainweek National Native American HIV/AIDS Awareness Day (20) – www.nnaapc.org National Tsunami Preparedness Week (22-28) – www.tsunami.gov World Tuberculosis Day (24) – www.stoptb.org/events/world_tb_day American Diabetes Alert Day (24) – www.diabetes.org/in-my-community/programs/alert-day			

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