Well Now...

WELLBEING NEWSLETTER
JULY 2018

Ssshh...

...it's Sleep month...

Keeping you up to date.

CAPOD | The University of St Andrews | No SC013532
Hello, I am Elaine Miller and I work in the University Library service. I am also a member of the Staff Wellbeing and Engagement Group. I am delighted to welcome you to the 23rd edition of Well Now.

Each day we all have this in common: the need for a good, sound sleep. Bliss! July's wellbeing theme is Sleep and in this edition you will find a Successful Sleep workshop we are offering on 19th July along with three Restorative Yoga classes, plus get a free copy of Matthew Walker's 'Why We Sleep', a Sunday Times bestseller.

If you're looking for tips, guidance, useful websites or other resources please take a look at our Wellbeing page on Healthy Sleep: https://www.st-andrews.ac.uk/staff/wellbeing/healthysleep/

I hope you enjoy reading the newsletter and please let us know of any sleep tips which have worked for you!
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If you find falling or staying asleep difficult, consider whether your habits during the day are affecting you at night. Do you regularly drink caffeine in the afternoon? Love a late-night TV binge? Too busy to exercise until late in the evening? Or don’t get to sit down and eat until right before you go to bed? All of these choices could impact your sleep. Try following a routine that maximises your body’s ability to prepare you for a long, deep, refreshing sleep.

1. **Get up at the same time each day!** That’s right - how you start the day can really impact how it ends. Get up at the same time each day to help your body clock to get into a good rhythm.
2. **Go outside.** Exposing your body to sunlight reinforces your circadian rhythms which tell us when to be awake and when to be asleep.
3. Depending on how sensitive you are to caffeine, **stop drinking caffeinated drinks 6-8 hours before bedtime.** Try herbal tea instead - there’s a huge variety out there.
4. **Finish eating** your evening meal and alcoholic drinks **3 hours before bed.**
5. **Don’t exercise right before bedtime** - exercise can stimulate production of the hormone cortisol, which promotes alertness - the enemy of sleepiness.
6. **Get off your phone, tablet, or laptop** at least an hour before bed and ideally 2-3 hours - see the next page for more digital detox tips.
7. **Limit your liquid intake** from 1 hour before bed to avoid irritating midnight bathroom trips.
8. **Make your bedroom** as **dark and quiet** as possible. Use blinds, ear plugs, or white noise to create a cosy cave-like feel.
9. **Make sure your bedroom is cool enough.** A drop in core temperature is linked with falling asleep. Having slightly warmer hands and feet can enhance this effect.

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**The Perfect Night’s Sleep Starts Long Before You Get Into Bed**

Searching for the ever-elusive perfect night’s sleep? Prevent sleep sabotage by sticking to this pre-bedtime timeline.

**HOURS BEFORE BED**

<table>
<thead>
<tr>
<th>6 HRS</th>
<th>5 HRS</th>
<th>4 HRS</th>
<th>3 HRS</th>
<th>2 HRS</th>
<th>1 HR</th>
<th><strong>BED</strong></th>
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<tbody>
<tr>
<td>☕️ Stop drinking caffeine</td>
<td>🍷 Stop drinking alcohol</td>
<td>🏋️ Finish exercising</td>
<td>📱 Turn off electronics</td>
<td>♨️ Night, night!</td>
<td></td>
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<tr>
<td>🍽️ Finish eating dinner (2-3 hours)</td>
<td>📝 Stop working, studying &amp; stressing</td>
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**Sources:** National Sleep Foundation, Michael A. Grandner, Ph.D., WebMD

[https://www.huffingtonpost.co.uk/entry/bedtime-routine_n_5659183](https://www.huffingtonpost.co.uk/entry/bedtime-routine_n_5659183)
DO YOU CHECK YOUR PHONE AS SOON AS YOU WAKE UP?

TRY A DIGITAL DETOX FOR SLEEP...

digital detox

*noun* informal

a period of time during which a person refrains from using electronic devices such as smartphones or computers, regarded as an opportunity to reduce stress or focus on social interaction in the physical world. "break free of your devices and go on a digital detox"

Why should I detox?

We’re increasingly glued to screens, but is it good for us? We suffer from nomphobia (‘no mobile phobia’) when we forget our smartphone, are distracted by that boxset we’re binging on, or find it hard to stop scrolling through ‘news’ feeds or social media apps.

Alarming statistics show that UK adults spend an average of 8 hrs 41 mins a day on screens and that the average smartphone user checks their phone 150 times a day, racking up a massive 2.15 hours a day just on social media.

Higher levels of smartphone usage are associated with anxiety, depression, narcissism, and missing out on sleep. Excessive online TV also affects us, especially now instant video automatically plays the next episode without any prompt from the viewer (goodbye to needing to click for the next episode!)

How should I detox?

1. Start by turning off all your push notifications and alerts on your phone. You don’t need to constantly be told when to respond to things.

2. Make sure you are not 'phubbing' (phone snubbing) your friends, family or colleagues by looking at your phone instead of them.

3. Try leaving your phone at home when you go out...

4. Set yourself a technology curfew and avoid blue light (emitted by phones, laptops and TVs) for 2-3 hours before bed. Blue light suppresses melatonin, the hormone that regulates sleep.

5. If it’s not possible to avoid blue light completely (because of shift work for example) try blue light-blocking glasses or adjust your mobile phone’s settings to use warmer colours after the time you start getting ready for bed. To do this on an iPhone go to Settings > Display & Brightness > Night Shift, and set the time you want. You can also use an app like Twilight to do this.

6. Buy an alarm clock. Do NOT plug your phone in next to your bed. Move it to the other side of the room, or better still charge it outside your bedroom at night.

Do I need a digital detox?

*Take the 'Time to Log Off' campaign’s quiz to find out:*

https://www.itstimetologoff.com/wp_quiz/do-i-need-a-digital-detox-quiz/
Have you tried the Calm app yet?

Maybe these 2 new Sleep Stories will inspire you...

Some of you may know Calm already for its meditation series, its 10-minute 'Daily Calm's, or its 'Breathe Bubble' feature. Calm Sleep Stories are simply that - stories read by soothing voices that are designed to get you into a state where drifting off to sleep seems natural and easy...

Both read by BBC announcer Peter Jefferson, two of the newer additions are bound to lull you into a soporific stupor. One features Jefferson simply reading aloud from the GDPR regulations (amusingly the author is credited as 'the Council of the EU).

The second story is Jefferson reading the Shipping Forecast. This formulaic broadcast has been likened by listeners (many of whom tune in purely for its soothing qualities) to a lullaby. As you might have predicted, both are drama-free and surprisingly comforting.

https://www.calm.com/program/EJraCHgkB/once-upon-a-gdpr
https://www.calm.com/program/nmdAP09/the-shipping-forecast-without-intro
Wellbeing with Waterstones

This month’s wellbeing book recommendations from Waterstones on Market Street are:

Why We Sleep by Matthew Walker
In one of the bestselling books of the past year, not only does leading neuroscientist, Professor Matthew Walker explain the science behind sleep, he also looks at how our lifestyles increasingly affect our sleep patterns and how that, in turn, can have an enormously detrimental affect on our health and general wellbeing.

Sleep by Nick Littlehales
Dr Nick Littlehales, a sleep coach to various elite sportspeople, offers advice on how to derive maximum benefit from sleep. With guidance on everything from finding the optimum room temperature to choosing the most appropriate bedding, this is a handy practical guide to getting a good night’s sleep.

The Sleep Book by Guy Meadows
Using a blend of mindfulness and acceptance and commitment therapy, Dr Guy Meadows has devised a unique five-week plan that, step-by-step, aims to cure sleep problems from restless nights to prolonged insomnia.

All University of St Andrews staff receive a 10% discount in the St Andrews branch - just show your staff pass.

GIVEAWAY!

Get your free copy of Matthew Walker's 'Why We Sleep' by emailing: wellgrp@st-andrews.ac.uk
As anyone who has ever slept badly will know (and who hasn't), a good night's sleep is a key ingredient of wellbeing.

This session will explore up-to-date research on the implications of poor sleep and offer you an opportunity to reflect on your own sleeping habits and patterns.

It will also provide tips on how to improve the quality of your sleep.

Wed 19 July 2018 | 1000-1130
C5, Bute Building

Book now on PDMS at:
https://www.st-andrews.ac.uk/pdms/?CourseID=8222
RESTORATIVE YOGA

Join instructor Rayna Rogowsky for this Restorative Yoga class as part of ‘Healthy Sleep’ month. Designed to relax and soothe, this 1-hour class will include breathing exercises, gentle movement to release restless energy, gentle inversions, and extended lying-down poses for relaxation. Should you wish to use a mat, pillow, or blanket, please bring your own. You can expect to come away from this class feeling relaxed and a little sleepy.

Please note that 3 dates are available to book separately (links below.)

All classes will take place in:
Large Rehearsal Room, Students Association

Wed 11 July 2018 | 1730-1830
Book now on PDMS at: https://www.st-andrews.ac.uk/pdms/?CourseID=8263

Wed 18 July 2018 | 1730-1830
Book now on PDMS at: https://www.st-andrews.ac.uk/pdms/?CourseID=8264

Thurs 19 July 2018 | 1730-1830
Book now on PDMS at: https://www.st-andrews.ac.uk/pdms/?CourseID=8265
OUTDOOR FITNESS

As part of our Active August campaign, join instructor and trained coach Callum Knox for these 1-hour sessions focusing on bodyweight-based exercises designed to increase your levels of aerobic fitness, stamina, strength and mobility.

Taking place outside, classes may include individual, pair, or group games featuring squats, push-ups, sit-ups, high-knee sprints, burpees - the list is endless!

Each class will be different but all will be fun and, most importantly, a great workout and fun at the same time! Participants of all levels of fitness welcome.

Classes will take place on Mondays 6th, 13th, 20th and 27th August 17.30-18.30.

All classes will take place outdoors - meet at the University Sports Centre, St Leonards Road

Book now on PDMS at: https://www.st-andrews.ac.uk/pdms/?CourseID=8282
WORKPLACE HEALTH: THE SCIENCE BEHIND HOW GERMS SPREAD

Become a microbiologist for two mornings! Carry out a series of fun and interactive experiments designed to demonstrate how you can minimise your risk of catching and spreading germs!

Learn simple tips and tricks from trained professional in our University labs to help protect your team from winter infections by understanding the science behind how infections spread within a workplace, and why antibiotics don’t work when you have a cold.

Participants need to attend two session on the mornings of Tuesday 14th and Thursday 16th August.

Prior to the workshop, participants will be sent a test kit and instructions to enable them to swab (anonymously) everyday objects. The swabs will then be used in the lab and the objects' secrets revealed!

Tue 14 & Thur 16 August 2018 | 0930-1230
Biology Teaching Lab 142, Medical Building, North Haugh

Book now on PDMS at: https://www.st-andrews.ac.uk/pdms/?CourseID=8290
ENJOYING AN ACTIVE LIFESTYLE

Suitable for everyone, particularly those looking to increase their physical activity or try something new, this session explores different forms of activity, and how to fit more activity into your busy schedule. Delivered by a Personal Trainer, this session will develop your awareness both of the benefits of exercise and strategies to enable you to schedule exercise time and rest days.

This is a classroom based information session which is the core element of the Physical Wellbeing theme on the Passport to Health & Wellbeing Excellence.

Tue 14 August 2018 | 1430-1630
C5, Bute Building

Book now on PDMS at:
https://www.st-andrews.ac.uk/pdms/?CourseID=8344
WOULD YOU WALK 500 MILES?

Well 26 really... it's the St Andrews to Dundee Kilt Walk!

Each year thousands of walkers come together across Scotland to have an unforgettable day and support their favourite charity by taking part in The Royal Bank of Scotland Kiltwalk. Walkers can choose between the 6, 13 or 26 mile walks.

Who Cares? Scotland are looking for volunteer walkers to take part in the Kiltwalk 2018. Could you help raise funds that will support a vision of a lifetime of Equality, Respect and Love for care experienced people?

Join your St Andrews colleagues on 19th August to get in some steps, meet new people, and support this excellent cause.

Register at: https://www.whocaresscotland.org/fundraising/kiltwalk/ or email kiltwalk@whocaresscotland.org for more information.
Bike to Work Breakfast

Cycle to work and get a free breakfast!

8am - 9am every 3rd Thursday of the month

Student’s Union Rectors Café.

Stop by Rector’s, pick up a voucher and order.

Open to all working commuters, town and gown*

- Jul 19th
- Aug 16th
- Sep 20th
- Oct 18th

*Unfortunately this event is not open to undergraduate students.

Events targeted at all you lovely folk can be found here instead:

https://www.facebook.com/sustainabletransporttransitionuosta/
STEP COUNT CHALLENGE 2018

YOU REALLY STEPPED IT UP!

STEP COUNT: POST-CHALLENGE LUNCH & AWARDS CEREMONY

This year an impressive 355 members of staff have taken part in the Step Count Challenge and your outstanding efforts to push the boundaries of stepping deserve to be recognised.

Celebrate your achievement in completing the Challenge with your team mates, find out who won this year’s awards and enjoy lunch whilst finally putting your feet up!

BOOK NOW:
https://www.st-andrews.ac.uk/pdms/?CourseID=8262

Send your photos and stories to:
wellgrp@st-andrews.ac.uk
Get sleepy with Shinrin-Yoku, 'Forest Bathing'

Ear plugs, bubble baths, listening to the radio - whatever your favourite way of trying to get a refreshing night's sleep, you can now add shinrin-yoku, or 'forest bathing' to your toolkit.

The term was first used in the 1980s, and research shows a multitude of health benefits. Forest bathing can lower blood pressure and stress levels whilst boosting your immune system. Enhaling the phytoncides (essential oils) produced by trees and plants elevates the level of 'natural killer' cells (which fight tumours and virally-infected cells) in our body. Forest bathing also improves sleep and enhances your sense of wellbeing. Sounds good, but how do you do it?

Keep it simple with these three principles: Firstly get yourself to a forest or wood and try to involve all of your senses. Don’t just look, but inhale the fresh air consciously, touch the bark or moss, really listen to the sounds in this quiet place. Secondly, make sure you are relaxed and not focused on 'achieving' anything. This is not about getting from A to B, but just about being with nature. Lastly, make sure you don't take your worries (metaphorically or in physical form via your phone or tablet) in to the forest with you. Try to see forest bathing as time just for you and the abundant beauty of the natural world.

Visit
- St Andrews Botanic Garden
- Tentsmuir Forest
- Cardenden Woods
- Falkland Estate
- Devilla Forest
- An Edible Campus garden
- Other gardens on the estate such as St Mary's, St Johns or the Community Garden

Read Online
The mysterious Japanese art of shinrin-yoku is coming to Britain – but does it really improve your health?

5 Simple Steps to Practising Shinrin-Yoku
https://www.growwilduk.com/blog/2015/12/03/5-simple-steps-practising-shinrin-yoku-forest-bathing

Books
Forest Bathing by Dr Qing Li
Shinrin-Yoku by Professor Yoshifumi Miyazaki
Your Guide to Forest Bathing by M. Amos Clifford
Eating well can seem like hard work, so each month we'll be featuring two recipes using seasonal ingredients to get nutritious food on your plate in less than 30 minutes! Get involved by sending your recipes to: wellgrp@st-andrews.ac.uk

Next month's ingredients: Blackberry, Fig, Broad Beans

Baked carrot & nigella seed bhajis with raita

Serves 12 as a canape

Ingredients:
100g gram flour (chickpea flour)
1 tsp ground turmeric
2 tsp nigella seeds
½ tsp ground cumin
½ tsp ground coriander
½ tsp ground ginger
½ tsp chilli powder
2 large eggs
4 large carrots (about 400g), peeled, ends trimmed and spiralized into thin noodles
2 tsp vegetable oil

For the raita
½ cucumber, grated
150g pot of natural yogurt
½ small pack of mint, leaves finely chopped

Method:
1. Heat oven to 200C/180C fan/gas 6. Line one large or two medium baking trays with baking parchment.
2. Mix all the ingredients for the carrot bhajis, apart from the carrot and oil, together in a large bowl to form a thick batter. If the mixture looks a little dry add a splash of water. Stir in the spiralized carrots, cutting any large spirals in half, and season.
3. Dollop 12 spoonfuls of the mixture onto the baking tray, leaving enough space to flatten the bhajis with the back of a spoon. Drizzle over the oil and bake for 25 mins or until golden brown, flipping the bhajis halfway.
4. While the bhajis are cooking, squeeze any excess moisture from the cucumber using a tea towel then combine all the ingredients for the raita together in a small bowl, seasoning to taste.
5. Serve alongside the baked bhajis.
Eating well can seem like hard work, so each month we'll be featuring two recipes using seasonal ingredients to get nutritious food on your plate in less than 30 minutes! Get involved by sending your recipes to:

wellgrp@st-andrews.ac.uk

Next month's ingredients: Blackberry, Fig, Broad Beans

**Quinoa, pea & avocado salad**

(https://www.bbcgoodfood.com/recipes/quinoa-pea-avocado-salad)

Serves 2 as a main or 4 as a starter

**Ingredients:**
- 100g frozen peas
- Juice 1 lemon
- 2 tbsp olive oil
- ½ small pack mint, leaves only, chopped
- ½ small pack chives, snipped
- 250g pack ready-to-eat red & white quinoa mix
- 1 avocado, stoned, peeled and chopped into chunks
- 75g bag pea shoots

**Method:**
1. Put the peas in a large heatproof bowl, pour over just-boiled water, then set aside.
2. Pour the lemon juice into a small bowl and whisk in some seasoning. Keep whisking as you slowly add the olive oil, followed by the mint and chives.
3. Drain the peas and tip into a large serving dish.
4. Stir in the quinoa, breaking up any clumps.
5. Pour over the dressing, then fold in the avocado and pea shoots.

**Chargrilled gem, radicchio and gooseberries with hazelnuts**

(by Tom Hunt: https://www.theguardian.com/lifeandstyle/2014/jul/26/lettuce-salad-recipes-10-best)

**Ingredients:**
- 100g gooseberries
- 2 little gem, cut into six wedges through the core
- 1 radicchio, cut into eight wedges through the core, but keep back one whole leaf
- Extra virgin olive oil, to taste
- A small handful of hazelnuts, toasted, lightly crushed
- 1 tbsp honey

**Method:**
1. Light the barbecue and let the coals go white-hot then cool a little, or heat a griddle pan on a medium-high heat.
2. Thread the gooseberries on to a skewer. Grill either side for one minute or until they take on some colour. If using a pan, sear the gooseberries all over then remove and put to one side.
3. Put the lettuces in a bowl, drizzle with olive oil and season with salt and pepper. Grill on each side for 2-3 minutes until a little charred but still raw. Return them to the bowl.
4. Lay the charred gem and radicchio evenly on a large serving plate, scatter with the hazelnuts and gooseberries.
5. Finely shred the reserved radicchio leaf and scatter over the top, and finish with a drizzle of honey.
YOUR WELL NOW
SHARE YOUR NEWS!

TELL US WHAT YOU'RE UP TO!

SHOWCASE YOUR HEALTH & WELLBEING EVENTS, ACTIVITIES, FUNDRAISERS AND SOCIAL GROUPS.

Email:
wellgrp@st-andrews.ac.uk

with the Subject Heading "Your Well Now"
Yes!

Please sign me up!
If this newsletter has been forwarded to you, you can sign up to have future editions sent directly to you.
Email wellgrp@st-andrews.ac.uk to sign up.

See the Wellbeing webpage for more news, resources and information.