

PUBLIC HEALTH CONNECTION



Sleep and Daylight Saving Time

World Sleep Day is Friday, March 15, 2019!

Why Sleep Matters

There has been lots of research done by scientists to find out why we sleep. We do know that our bodies regulate sleep in the same way that they regulate eating, drinking, and breathing. There is no one reason why we sleep; whether it be to restore our bodies, save energy, or help with learning. There is no question that sleep plays a very important role in our health and well-being.

There are short-term and long-term risks of not getting enough sleep. In the short-term, lack of sleep can affect judgement, mood, behavior, ability to learn, and raise the risk of serious accidents and injury. In the long-term, a chronic lack of sleep can lead to many health problems like obesity, diabetes, heart disease, and even early death.

The amount of sleep you need each day changes as you age. Infants need 12-16 hours, toddlers & preschool age 10-14 hours, school age children 9-12 hours, teenagers 8-10 hours, and adults need 7 or more hours.

Daylight Saving Time

Daylight Saving Time begins Sunday, March 10th at 2:00 AM. The annual tradition of moving clocks forward an hour can have big effects on health. Heart attack risk increases, mood is impacted, accidents increase and sleep patterns are disrupted for about a week after the time change. To reduce the bad effects, try to keep regular sleep hours, avoid caffeine after dinner, exercise during the day and limit screen time 30 minutes to 1 hour before bedtime.

For your mood, safety, health, and even productivity, make sure to try to get a good night's sleep.



OUR MISSION:

The Scott County Health Department promotes, protects, and preserves health through leadership, services, education, and partnerships.

OUR VISION:

Scott County—
A safe and healthy
community.



SPECIAL EVENTS

- *Scott County Board of Health Meeting, Scott County Administrative Center, 1st Floor Boardroom, 12:00 PM, Thursday, March 21, 2019.*

Links

- **The Effects of Sleep Deprivation on Your Body:** <https://www.healthline.com/health/sleep-deprivation/effects-on-body#1>
- **CDC How Much Sleep Do I Need?:** https://www.cdc.gov/sleep/about_sleep/how_much_sleep.html
- **Scott County 2018 Health Equity Assessment:** <https://www.scottcountyiowa.com/health/data-assessments/health-equity-assessment>

Health Equity—Is Health Equal For All?

Protecting and promoting health are the cornerstones of our department's work. In order to be successful in this work, SCHD works with the understanding that not all people have the same opportunities to be healthy. There are a number of factors that can be barriers to health for different groups of people, include genetic factors and personal health behaviors. Barriers can also include more difficult factors such as income, education status, employment status, race, and place (all known as social determinants of health). SCHD is working to protect and promote health with a focus on health equity: providing services in a ways that removes barriers caused by social determinants of health. Our Health Equity Committee is composed of staff from all areas of the department. The Committee is helping SCHD to recognize the social, cultural, and language differences of populations in Scott County to help the department to effectively address the health needs of our community. SCHD is offering communication tools for those who speak other languages or are hearing impaired, tailoring health messages to reach many populations, and reaching out to groups within the community to get feedback on how to best address their needs. Stay tuned as this work continues!



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