

Live Well, Work Well

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Health and Well-being Tips for Your Work and Life
Provided by Blackfriars Insurance Brokers Ltd



Stop Staring at Your Screen: How Technology is Impacting Your Sleep Routine

While smart devices such as your mobile phone can certainly offer a wide range of benefits, recent research revealed that increased phone use—especially at night—also comes with a cost. In fact, reports are using the term ‘technoference’—daily intrusions and interruptions that people experience due to excessive device use—to describe the negative impacts that mobile phone users face.

Indeed, the research found that 24 per cent of women and 15 per cent of men were labelled as ‘problematic’ mobile phone users. As a result, these users were significantly more likely to experience the consequences of technoference (eg decreased productivity, lack of alertness throughout the day and lack of sleep). Taking a closer look at the bedroom, 20 per cent of women and 12 per cent of men felt that their mobile phones were the culprit of their struggling sleep routines.

Don’t let your device destroy your sleep schedule. Use this guidance to take a break from your mobile phone and make the most of your nightly snooze:

- **More than an arm’s reach**—While it may be a habit for you to keep your mobile phone on your bedside table, it’s important to place your device further than an arm’s reach away at night to reduce your temptation to continue using it. Consider charging your phone at a socket on the other side of your bedroom or in another room altogether.
- **Do not disturb**—Even after you put your mobile phone away for the night, it can be difficult to ignore the continued buzzing or ringing from your emails, texts and notifications. Avoid sleep disruption due to unimportant messages or alerts by using your device’s ‘do not disturb’ mode. This feature blocks all alerts on your mobile phone (with the exception of calls you can allow from certain contacts in the event of an emergency) from coming in until you turn the mode off in the morning.
- **Establish boundaries**—Lastly, it’s crucial to establish some sort of schedule with your device each day and hold yourself accountable. Don’t let your device lull you to sleep—put it away at the same time each night and relax before bed with a healthier alternative, such as a book or cuppa.

Make the Most of Your Meals: How to Reach Your Daily Fibre Intake

Breakfast

One portion of porridge topped with raspberries



Lunch

One baked potato
One portion of baked beans
One tin of sweetcorn



Dinner

One portion of wholemeal spaghetti with a tomato-based sauce and vegetables



Snack

One banana or apple
Peanut butter



Fill Your Diet With Fibre and Reap the Benefits With This Guidance

Despite the fact that fibre is a vital nutrient within any healthy diet, recent research found that fewer than 10 per cent of adults meet the recommended goal of eating 30 grams a day. Nevertheless, dietary fibre provides a variety of important health benefits, including:

- Promoting proper gut functioning by preventing constipation
- Reducing the risk of cardiovascular disease and bowel cancer
- Lowering the risk of type 2 diabetes by helping control high cholesterol levels and high blood pressure

Make sure you maintain the proper daily fibre intake and foster a healthy diet by using the following top nutrition tips:

- **Reach for wholegrains**—An important element of a fibre-rich diet is incorporating healthy carbohydrates into your meals. This includes eating high-fibre breakfast cereals such as wholewheat biscuits, wholemeal breads, wholewheat pasta or brown rice.
- **Just add fruit**—Eating fresh or dried fruit is a perfectly sweet way to add essential fibre into your diet. Consider putting fruit on top of your meal (eg on a salad, porridge or yoghurt) or eating it as a snack.
- **Pack in the pulses**—Various pulses (eg beans, lentils and chickpeas) provide substantial amounts of fibre. Try including pulses within your soup, stew and curry recipes.

This Common Behaviour Is Increasing Your Health Risks—Here's What You Can Do

Many individuals are involved in a profession that requires them to sit down for extended periods of the day, such as an office job. However, recent reports found that sitting for more than six hours per day is responsible for nearly 70,000 deaths in the UK each year, costing the NHS a hefty annual price tag of £700 million.

'Death by sitting' can occur in a variety of ways. Prolonged sitting promotes a sedentary lifestyle that can lead to a wide range of serious health complications, including obesity, cardiovascular disease, type 2 diabetes and colon cancer. And although extended sitting might be a normal part of your daily routine, there are several ways you can help reduce this sedentary habit and maintain a healthy lifestyle:

- **Take a stand**—If you spend large portions of your day sitting in front of a screen, try standing up throughout the day rather than remaining in your seat. Whether you are working on a computer, looking at your phone or watching television, standing up helps reduce tiredness and boosts your circulation.
- **Get active**—Whenever possible, try to incorporate physical activity into your daily routine. This could include cycling to work, taking scheduled walking breaks or joining a local gym.
- **Maintain healthy habits**—Apart from reducing your sitting time, it's important to ensure you are living an overall healthy lifestyle. This includes eating a balanced diet, drinking plenty of water, avoiding smoking or excessive alcohol intake and keeping a healthy weight.