

SLEEP HEALTH

SLEEP BETTER WITHOUT NICOTINE

Want to know what's keeping you up at night? It might not be the caffeine after all! Studies find that nicotine disrupts those restful zzzs.

Nicotine is in tobacco products like cigarettes, e-cigarettes, hookah, cigars, and vaping products such as JUULs and smokeless tobacco. If you use any of these products, you may not be sleeping as well as you could for the following reasons:

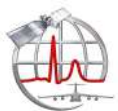
Nicotine is a stimulant. Using nicotine within four hours of bedtime disrupts sleep quality and causes you to wake throughout the night. These restless nights cause daily smokers to have a lot of daytime sleepiness. Studies show that people who smoke often (have their first puff early in the day) sleep for a shorter amount of time, throwing off their sleep patterns.

Tobacco users are more likely to develop sleep apnea (when muscles collapse in the throat during sleep). Inhaling smoke irritates the tissues in the nose and throat, causing swelling and restricting air flow. Your brain can go through symptoms of nicotine withdrawal while you sleep. When this happens, you may wake up feeling even more restless and agitated.

You might be thinking – 'it sounds like even after I quit, my sleep won't get better right away?' It's true that when quitting tobacco, withdrawal symptoms include restless sleep while your body gets used to functioning without nicotine. BUT there are remedies that can help (see: Nicotine Replacement Therapies) and you'll be rewarded with a lifetime of sleep that's not disrupted by nicotine.

Another reason it's worth pushing through the withdrawal period: studies show that disturbed sleep can lead to depression, weight gain and substance misuse. If you want to choose a path to better sleep, we can help. No matter where you are in the process, we have tips and tools on how to quit and stay quit!

Department of Defense (n.d.). Sleep better without nicotine. You Can Quit 2.
<https://www.ycq2.org/tobacco-e-cigarettes/>



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Check out the calendar on the other side to see what's going on this week.

MAKING A QUIT PLAN

Quitting tobacco can be tough, but making a customized quit plan that you can access and update throughout your quit can help you reach your goals. If you want to kick start your quit journey, you're in the right place.

The **YouCanQuit2** quit plan is a mobile-first, app-like experience tool that you can access using your browser on any device (phone, computer or tablet). The interactive tool will show you step-by-step how to prepare to quit and then give you the encouragement and tips to accomplish your goals. Throughout your quit journey you can (and should!) refer to and update your quit plan.
<https://www.ycq2.org/resources/making-a-quit-plan/>

MORE FREE QUIT HELP

You can quit smoking for good and live a healthy, smoke-free life. Take the first step and call **1-800-QUIT-NOW** for FREE support.

Free quit help:

1-800-QUIT-NOW
(1-800-784-8669)

En Español

1-855-DÉJELO-YA
(1-855-335-3569)

WHAT'S THE DEAL WITH DISPOSABLE E-CIGS?

More of your buddies may be using disposable e-cigarettes these days. So what exactly are they and how might they harm your health?

DISPOSABLE E-CIGS...



Are a tobacco product that heats e-liquid, creates vapor and cannot be recharged or refilled. While these products may come in many flavors and seem appealing, **THEY CAN BE HARMFUL.**



Expose you to dangerous chemicals (like nicotine) that could harm brain development and **AFFECT BRAIN FUNCTION.**



Can only be used at designated tobacco use areas and are **NOT PROVEN TO BE HEALTHIER, safer or an effective way to quit smoking** just like other tobacco products.



May appear cheaper in retail per device, but due to their high levels and the type of nicotine, you may use them faster (which means **SPENDING MORE MONEY** and a stronger addiction).



Can cause **NICOTINE ADDICTION.** Each disposable e-cig has just as much or more nicotine as one pack of traditional cigarettes or one JUUL pod.

BETWEEN 2019 AND 2020:

Disposable e-cig use increased from



(that's approximately 1,000%)

DON'T BE FOOLED BY DISPOSABLE E-CIGS.

Learn more about how using **tobacco and e-cigs** can negatively affect your health so you can stay mission ready at www.ycq2.org.

YOU CAN QUIT²
MAKE YOUR FUTURE TOBACCO FREE

www.ycq2.org



Got questions on other health issues related to sleep health, physical activity, tobacco, or nutrition? Share them with us and we will help you “Bust The Myths!” Send your questions to

Joint Base Langley-Eustis

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20 March

NMCP - ShipShape Program REGISTER NOW!
23 Mar- 11 May Thursdays 0900-1100

Program includes 8 sessions. Topics include: Nutrition, Fitness, Stress Management, & Long Term Success! No referral needed. Call (757) 953-9247 or (757) 953-1927 for more information.

Location: Naval Medical Center Portsmouth (NMCP), Health Promotion & Wellness Dept.

21 March

CHPS - Fad Diets: The Good, the Fad, and the Ugly

Join us as we uncover the most popular fad diets of our time. Find out what is truly good for you, and what diets to avoid. Help yourself read between the lines to decode the benefits and possible risks of these diet trends. Understand what it means to eat a balanced diet by learning some helpful tips.

Call 225-7824 for more information and to register.

Location: Shellbank Fitness Center, Room 1, 36 Sweeney Blvd., Langley AFB 1100

22 March

CHPS - A Good Night's Sleep (virtual) 1100-1200

When we think about our health, we often think of nutrition and exercise – but sleep is just as important. Insufficient sleep is associated with many chronic health conditions and accidents. Come learn about the health benefits of sleep, tips for getting enough sleep, and when to see a doctor about your sleep concerns.

ZoomGov January Virtual Classroom
Meeting ID: 161-168-6145 Passcode: CHPS

Call 225-7824 for more information.

23 March

AWC - Exercise Testing & Prescription

Exercise testing includes three components - aerobic fitness (VO2 submax testing); muscular fitness (back strength and grip strength); flexibility. Call 314-7724 for more information and to schedule an appointment.

Location: Army Wellness Center (AWC), Bldg. 500, Sternberg Ave, Fort Eustis

24 March

Starting a new fitness program? Get baseline data from the Bod Pod.

The BodPod is one of the most accurate ways to measure body composition -- the ratio between fat mass and fat-free mass (muscle, bones, organs, etc.). Call 764-8139 to schedule your Bod Pod appointment.