

## Vacationing Your Way to a Better Sleep



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The holiday season is just around the corner. Some of you are preparing your home for the incoming family and in-laws, while others are getting their bags packed and heading off on vacation. It's time for some much needed time off.

#### A healthy vacation

Going on vacation is something that many of us spend all year looking forward to. Chances to travel, spend time with family and friends, do some renovations or just rest and relax. Your vacation should be resting and safe, but it should also be a healthy one. We know that vacation improves your well-being, but how about your sleep quality?

#### Well being and Sleep

A study was conducted on the change of well being associated with vacation in 53 employees (16 women and 37 men) of a medium-sized aluminum hardware manufacturer in Austria. Well being measurements were taken before and after vacation for comparison. Three days after vacation, physical complaints, the quality of sleep and mood had improved as compared to before vacation. Five weeks after vacation subjects still reported less physical complaints than before vacation. Also, the number of stressful days at home decreased with the length of time of the vacation. The researchers concluded that vacation may improve well being on a short-term basis.

#### Employers take note!

#### Healthy Employees

Corporate wellness is a term that we're hearing more and more about as of late. We hear of employers giving staff extended benefits, onsite gym facilities, onsite naturopathic clinics, yoga classes, daycare services and so on. Employers have realized that by investing in their staff, they are investing in the future of their company.

Studies have shown that healthy employees:

- Are more productive and perform better at their job
- Take less sick days
- Cost less to insure
- Are less likely to leave the company for another job, thereby reducing employee turnover
- Are more committed and loyal to the company

#### What should a corporate wellness plan include?

A corporate wellness plan should be specifically designed to the company staff that will be using it. As its base, the plan should be a balance of five key areas: good sleep habits, proper nutrition, regular exercise, a positive attitude and the right vitamins and supplements.