



ChallengeME MONTHLY MINUTE



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Monthly topic:

Sleep



Don't drive drowsy.

Nearly 60% of adults in the U.S. have driven while drowsy, and around one-third of people have actually fallen asleep at the wheel.

Drowsy driving is dangerous because sleep deprivation can have similar effects on your body as drinking alcohol.

Being awake for 18 hours straight makes you drive like you have a blood alcohol level of 0.05 (0.08 is considered drunk). If you've been awake for a full 24 hours and drive, it's like you have a blood alcohol level of 0.10.

Both drowsy driving and drunk driving make it hard to pay attention to the road, and negatively impact how well you can make fast decisions. If you fall asleep, you won't be able to react at all.

Signs of drowsy driving include trouble focusing, heavy eyelids, inability to remember the last stretch of road you drove, yawning constantly, bobbing your head, and drifting from your lane. If this starts to happen while you're driving, pull over if you can do so safely and take a 20-minute nap, buy a cup of coffee to help keep you alert, or switch drivers.

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Sleep Apnea

Sleep apnea is a potentially serious sleep disorder in which breathing repeatedly stops and starts. If you snore loudly and feel tired even after a full night's sleep, you might have sleep apnea.

The main types of sleep apnea are:

Obstructive sleep apnea, the more common form that occurs when throat muscles relax

Central sleep apnea, which occurs when your brain doesn't send proper signals to the muscles that control breathing

Complex sleep apnea syndrome, also known as treatment-emergent central sleep apnea, which occurs when someone has both obstructive sleep apnea and central sleep apnea.

Symptoms of sleep apnea include loud snoring, episodes in which you stop breathing (reported by another person), gasping for air during sleep, awakening with dry mouth, morning headache, insomnia, hypersomnia, and irritability.

If you think you might have sleep apnea, see your doctor. Treatment can ease your symptoms and might help prevent heart problems and other complications.

52 Week Money Challenge

The holidays are right around the corner. Are you financially prepared?

NOVEMBER 2020

S	M	T	W	T	F	S	\$
01	02	03	04	05	06	07	\$45
08	09	10	11	12	13	14	\$46
15	16	17	18	19	20	21	\$47
22	23	24	25	26	27	28	\$48
29	30	31	01	02	03	04	\$49

Monthly Total: \$235

Grand Total: \$1225

Great American Smokeout

The American Cancer Society Great American Smokeout® takes place on the third Thursday in November - November 19, 2020.

Are you aware of your State of Maine smoking cessation benefits?

1. Screening and counseling for tobacco use - covered 100% with no deductible on the in-network level
2. LiveHealth online - no charge
3. Lung cancer screening - provided for eligible members at no cost
4. Smoking cessation - benefits are provided for:
 - Follow-up smoking cessation education and counseling
 - Completing an approved smoking cessation program

Coming Up December: Stress

Comments, questions, ideas, or submissions?
Please email: kara.a.aguilar@maine.gov