

UBA  
WellnessWorks

## Sensible health and wellness concepts for employees



### Addicted to Snooze



Fourteen percent of the population are considered “early risers” – those annoyingly chipper people who jump out of bed in the morning, ready to take on their day. While this group is most alert in the wee early hours, the rest of the world is looking for ways to get more sleep into their schedule. Some shower at night or prep lunch for the next day to carve out more dream time. And many repeatedly hit the snooze button to eke out just a few more minutes in the a.m. Many know that [hitting snooze](#)

is not good for your physical health. Did you know that this bedtime routine could also affect your confidence, as well?

Many people have [tricked themselves](#) into believing that hitting the snooze button one time to get a little more sleep cannot hurt you. But playing “hard to get” with your alarm clock is usually not a one-time affair – it is a pattern. Let’s put this into perspective. Repeat “snoozers” are effectively putting their body through a five-alarm fire drill each time the buzzer goes off. A fight-or-flight response is initiated which leads them to starting their day in a deep, mental fog. Not exactly how one goes about starting their day on the best foot.

Your body is not the only casualty – you also erode an important relationship you have with yourself. Organizational psychologist and author [Benjamin Hardy PhD](#) compares setting your alarm to making a contract with yourself. Using that analogy, hitting the snooze button is breaking a promise to yourself. What a great way to start your day! Hardy says “you gain confidence by doing what you say you’re going to do.” While sleeping just a few more minutes may seem like a small adjustment, it is a pattern that encourages you to doubt yourself and your decisions. This repeat event pokes holes in a plan you made the night before in full knowledge of your priorities and plans for the day. You would feel differently if you started your day keeping your promise to yourself.



The first five minutes of waking up tend to be the most painful, as you force yourself to leave your comfortable bed. It is especially hard to open your eyes when you went to bed late, or really dread what is on your calendar. It is worth asking yourself this question the next time you are inclined to hit the snooze button. Could you deal with five minutes of discomfort if it meant you were investing in your bank of self-trust?

This newsletter contains general health and financial wellness information and is not a substitute for your doctor's care. You should consult an appropriate health care professional for your specific needs. Some treatments mentioned in this newsletter may not be covered by your health plan. Please refer to your benefit plan documents for information about coverage.

## Thai Beef Cabbage Wraps

Makes 4 servings

To add another bright touch to these sweet and spicy wraps, serve with fresh lime wedges and fresh cilantro.

### INGREDIENTS

- 1 pound flank steak, trimmed
- $\frac{3}{4}$  teaspoon kosher salt, divided
- $\frac{1}{4}$  teaspoon black pepper
- 1  $\frac{1}{4}$  cups sliced red onion
- 1 (8.8-ounce) package precooked brown rice (such as Uncle Ben's)
- $\frac{1}{4}$  cup Thai-style sweet chili sauce (such as Iron Chef), divided
- 8 napa (Chinese) cabbage leaves
- 2 teaspoons water

### DIRECTIONS

1. Heat 1 tablespoon oil in a cast-iron skillet over medium-high heat. Sprinkle steak with  $\frac{1}{4}$  teaspoon salt and pepper. Place steak in pan; cook 4 minutes on each side or until desired degree of doneness. Remove from pan; let stand 10 minutes. Cut steak across the grain into thin slices; sprinkle with  $\frac{1}{4}$  teaspoon salt.
2. Add remaining 1  $\frac{1}{2}$  teaspoons oil and onion to pan; cook 2 minutes, stirring constantly. Sprinkle with remaining  $\frac{1}{4}$  teaspoon salt.
3. Heat rice according to package directions. Combine rice and 2 tablespoons sauce in a bowl; toss to combine. Divide rice evenly among cabbage leaves. Top evenly with steak and onions. Combine remaining 2 tablespoons sauce and water in a small bowl, stirring with a whisk; drizzle evenly over wraps.



### NUTRITIONAL INFORMATION

Calories: 337  
Fat: 12.8g  
Saturated Fat: 2.7g  
Carbohydrates: 28g  
Protein: 27g  
Sodium: 511mg  
Fiber: 2g

**Prep Time:** 15 minutes

**Total Time:** 25 minutes