Wellwaukee Newsletter

November 2026

Prioritize Rest for a Safer, Healthier You!

Long work hours, irregular shifts, and changes to your sleep schedule can all contribute to worker fatigue, affecting your physical, mental, and emotional well-being. Fatigue can slow reaction times, impair judgment, and reduce alertness, increasing the risk of workplace accidents and injuries. With Daylight Saving Time ending on **Sunday, November 1**, remember to turn your clocks **back one hour**. Although the extra hour may seem like a bonus, the time change can temporarily disrupt your body's internal clock and affect your sleep, mood, and focus. Help your body adjust by maintaining a consistent sleep schedule, practicing healthy sleep habits, and allowing yourself adequate time to rest. **Make quality sleep a priority to stay alert, protect your health, and help create a safer workplace.**

Catch some ZZZ's With These Quick Tips

While you're sleeping, your brain is organizing information, storing memories, and clearing out waste. Your body is repairing tissues, regulating hormones, and resetting systems that keep you functioning well. Lack of sleep can have a domino effect on your long-term health.

- **Heart Health:** Poor sleep increases the risk of heart disease, high blood pressure, and type 2 diabetes.
- **Immune Health:** Lack of sleep weakens your immune system, increasing your risk of illness and slowing recovery.
- **Weight Management:** Sleep deprivation disrupts hunger and metabolism hormones, increasing cravings and the risk of weight gain.

- **Get natural light:** Spend time outside or near sunlight early in the day.
- **Stay active:** Regular movement or exercise helps you fall asleep more easily.
- **Follow a consistent schedule:** Go to bed and wake up at the same time each day.
- **Limit caffeine:** Avoid caffeine later in the day, especially after mid-afternoon.
- **Eat balanced meals:** Regular, nutritious meals support steady energy and better sleep.
- **Manage stress:** Practice relaxation techniques: deep breathing, stretching, mindfulness.
- **Limit naps:** If needed, keep naps short (20–30 minutes) and earlier in the day.
- **Unplug before bed:** Create a wind-down routine without screens.

City of Milwaukee Resources

Sleep and Health Education:

- EAP Webinar Changing Work Shifts and Sleep
- Harvard Medical Sleep Program
- OSHA Worker Fatigue

GEM SLEEP: UHC's all-virtual sleep clinic helps those who are at risk for **sleep apnea.**

Calm Health App (FREE): Meditation, sleep, and mindfulness support through UHC.

UHC Onsite Nurse Liaison: **Nurse Mari Cohn** helps you understand follow-up steps from doctor appointments, manage chronic conditions, and more! Call 240-549-9879.

Registered Dietitian & Health Coaching (FREE): Work with a Workforce Health dietitian or health coach on nutrition strategies, managing stress, improving health outcomes, and more! Earn Healthy Rewards points too!



Did You Know? You can earn 5 Healthy Reward Points by receiving your COVID vaccine!

A Breath of Fresh Air: Join the Fight for Lung Health

Protecting our lungs starts with prevention, clean air, and supporting those living with lung disease. Whether you're taking steps toward a smoke-free life or joining the fight for air, every action makes a difference!

The Great American Smokeout® November 19, 2026

Quitting smoking isn't easy, but you don't have to do it all in one day. **Start with day one!** Let the Great American Smokeout® be the beginning of your journey toward a smoke-free life. Join thousands nationwide in improving their health and reducing their risk of cancer. The American Cancer Society offers resources and support to help you get started.

Fight for Air Stair Climb – March 13, 2027

Join the Milwaukee Fire Department in the Fight for Air Stair Climb and take a stand for healthier lungs and cleaner air! This powerful event honors our firefighter heroes who face dangerous air quality and respiratory hazards on the front lines and supports individuals living with lung disease who fight for every breath.



Don't Sugarcoat It: Know Your Diabetes Risk

1 in 9
Adults are currently living with diabetes worldwide

635 million
Adults are at high risk of type 2 diabetes

Up to 50%
Of people with type 2 diabetes already have complications at the time of diagnosis

National Diabetes Month is a reminder to take proactive steps toward preventing disease and supporting your well-being. Small changes, such as adding more movement to your day, making healthier food choices, and understanding your risk factors, can make a big difference in preventing or delaying type 2 diabetes. The City of Milwaukee Workplace Clinic is here to support you through preventive care, chronic condition management, and routine bloodwork. Talk with the team today about **a diabetes screening**, which can help identify prediabetes or diabetes early, even before symptoms appear. **Early awareness and action today can help protect your health and support a healthier future!**

Understanding Blood Sugar Lunch & Learn



Join **Dina Romero, MSN, APRN, FNP-BC** for an interactive discussion where you will:

- Learn what blood sugar is and why it matters to your health
- Understand prediabetes and type 2 diabetes
- Identify common risk factors

Date: November 10, 2026
Time: 9 - 9:30 a.m.
Location: Zeidler Municipal Building - Fishbowl



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Froedtert & Medical College of Wisconsin Workforce Health