

# Wildwood – July 2017

800-223-0557 / 303-730-0460

[www.wildwoodonline.org](http://www.wildwoodonline.org)

## President's Message

Wildwood Annual Provider Conference, July 29, 2017  
Register at: [www.wildwoodonline.org](http://www.wildwoodonline.org)

We are very excited to add a new resource to our website, Tuck – Advancing Better Sleep. Below is an excerpt from their site to give you a taste of what is available.

**How Much Sleep Does a Person Need?** -The short answer: adults need 6 to 9 hours per night. Around 7 to 7.5 hours of actual sleep (not counting time falling asleep and getting out bed) appears to be optimal for most people. The long answer: it depends. The amount of sleep each person needs depends on many factors, including age, health, recent physical exertion, and mental activity. There is genetic influence, too. Some people just need more sleep than others and this runs in families.

**What Is the Recommended Amount of Sleep?** - The federal government's Healthy People initiative [has established a goal](#) of getting more people to get adequate sleep on a regular basis. Their recommended amount of sleep is 8 hours for people 18 to 21 and 7 hours per night for adults over 21. According to their numbers, 69.6% of the population meets this goal, and the government wants to raise this to 70.9% by 2020.

**Average Amount of Sleep by Age** - The amount and type of sleep needed changes from childhood to adulthood.

AGE	RECOMMENDED AMOUNT OF SLEEP
Infants under 1 year	16 to 20 hours
1-2 years old	14 hours
3-4 years old	12 hours
5-12 years old	10 hours
13-19 years old	9 hours
Adults & Senior	7-8 hours

**How much sleep do babies need?** Infants sleep 16 to 20 hours each day. By age four, the amount of sleep required decreases to 12 hours. This sleep is spread out throughout the day. Once a child is six, they typically get most of their sleep during the night.

**How much sleep does a teenager need?** As children age, they require less sleep. By the time they reach adolescence, teenagers only need about 9 hours on average.

**How much sleep does the average adult need?** For most adults, 7 to 8 hours a night appears to be the best amount of sleep, although some people may need as few as 5 hours or as many as 10 hours of sleep each day.

### **What Happens If You Don't Get Enough Sleep?**

Sleep deprivation for even one or two nights can vastly affect your need for sleep. Unlike many things in life, sleep time is not something that is routinely changed. You can't get used to a lower amount of sleep just because it fits your schedule. If you try to, it will affect your judgment and reaction time, even if you are not consciously aware of it. But you can't resist it for long. Sleep deficit can be cured only by getting some sleep.

What happens when we miss sleep and then make it up? Even with free recovery, only one-third to one-half of lost sleep is recovered. All the lost deep sleep is recovered and about ½ of the REM sleep. Time spent in light sleep is lost.

If you routinely fall asleep within 5 minutes of lying down, you probably have sleep deprivation or a sleep disorder. Microsleeps or very brief episodes of sleep in an otherwise awake person, are another mark of sleep [deprivation](#). In many cases, people are not aware that they are experiencing microsleeps. Some suspect

that the widespread practice of “burning the candle at both ends” among harried workaholics has changed perceptions so much that what is really abnormal sleepiness is now considered normal. It is known that both long sleepers and short sleepers have higher mortality rates than people who sleep around the standard 8 hours. Sleep debt is also connected with higher rates of depression and weight gain, as well as poorer immune system and memory function. Objective tests on healthy people show that depriving them of deep sleep negatively affects cognitive skills. People who suffer from insomnia get less deep sleep, and tend to subjectively equate this decline in deep sleep with an overall decline in sleep quality. Seniors in particular are prone to insomnia. Some experts consider insomnia a normal part of aging, or it may result from medical problems that are common in elderly people and from the medications and other treatments for those problems.

### Am I Getting Enough Sleep?

Do people even know how much sleep they are getting? No. Unfortunately, individuals are [notoriously inaccurate](#) at estimating how much they slept, so you can't necessarily believe what they report. [Tests with actigraphy](#) have found that in general people overestimate how much they sleep.

The best way to find out if you are getting enough sleep is to note the time when you go to bed and when you wake up. If you don't have trouble falling asleep, you can assume it takes about 15 to 20 minutes for you to fall asleep. Add those 20 minutes to the time you went to bed, and then subtract from the time you wake up. Is it somewhere within the recommended range of 7-9 hours?

If it is, but you still don't feel rested, here are signs you may need more or less sleep.

#### Signs You Are Getting Too Much Sleep

- It takes you more than 1 hour to fall asleep
- You regularly wake up before your alarm, but still feel rested during the day
- You have low energy during the day
- You feel depressed, and may have hypersomnia
- You experience weight gain from lack of activity
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#### Signs You Aren't Getting Enough Sleep

- You wake up during the night from stress, a bad dream, or a [sleep disorder](#)
- You sleep past your normal wakeup time and experience [post-sleep inertia](#) aka worn-out syndrome
- You're moody and easily irritable
- You experience weight gain
- You have daytime drowsiness
- You notice yourself forgetting things more often, or performing poorly
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### Are You Sleeping Too Much or Too Little?

How do you know if you are over- or under-sleeping? Realistically, only if it impacts your daytime waking life. There is usually no particular biological or health reason to worry about sleeping less or more than other people. Your spouse might get mad at you if you sleep too much and you might get into hot water if you nap on the job, but most people have no reason to worry about going outside the norms when it comes to sleep duration. You might think sleeping too much is a problem, that excessive sleep is a waste of time, and indeed hypersomnia [is recognized](#) as a clinical condition. But not all long sleepers can be classified as hypersomniac and in any cases, there is nothing doctors can do for hypersomnia except prescribe stimulants. So it may not be worth worrying about.

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The last day that we can  
accept original April  
claims or upward  
revisions is  
July 24, 2017

# Claims Corner

Claims are due in the office by the 5<sup>th</sup> of the month.

Internet Claimers: when you enroll a child, don't complete the food section unless the child is under a year old. Just move on past that section. Also, we cannot add back attendance for children who drop off of your roster. Our state agency won't allow us to add to your claim.

Please list the kind of cracker (saltine, cheese, Ritz) or cereal (Cheerios, shredded wheat) that you serve. If the cracker or cereal is whole grain rich, write WGR on the menus. If you serve whole grain rich bread or bread alternates, write WGR on the menus. It will be required that you identify one WGR product each day.

If you have school calendars for 2017-18 school year please send those in as soon as possible. You also need to indicate school closures on all claims as calendars don't always have accurate information. Let us know when school starts again.

We will need to know kindergarten information for all children who were born between 9-2011 through 9-2012. A kinder form is on our website: [wildwoodonline.org](http://wildwoodonline.org)

Internet Claimers: It is required that you switch to KidKare before Oct 1, 2017. About 180 providers have not made the switch. Please call your Field Rep or the office if you have any questions.

Good numbers to know:

## Emergency Phone Numbers

Poison Control	(303) 739-1123
Immunization Line	(303) 692-2650
Child Protective Services	(720) 944-3000
Ask a Nurse	(303) 777-6877
Help Lines – Counseling	(303) 695-7996
Police Station	(303) 370-1500
CO Dept of Human Services	(303) 866-5958
Food Assistant	(720) 944-3666
Medication Administration	(303) 339-6800
Safe Sleep	(303) 339-6822



## **Director of Processing**

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## **Claims Coordinator**

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## ~ Wildwood Resources ~

Need some extra hours? It's now easier than ever to get all of your continuing education credits! Wildwood Resources is pleased to announce that our correspondence courses are now available as online training courses! Go explore and let us know what you think!

Check out our online store: [www.wildwoodonline.org/store](http://www.wildwoodonline.org/store)

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Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish).

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