

HEALTHY BITS

OFFICIAL HEALTH PROMOTION BULLETIN OF 8 WING CFB TRENTON
177 HERCULES AVENUE, BUILDING 119, ASTRA, ONTARIO K0K 3W0

May 2026

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SLEEP MONTH!

May is observed as Better Sleep Month, a campaign designated to highlight the importance of high quality sleep for overall physical, mental and emotional health. It is a reminder to establish sleep habits, improve sleep environments, and address sleep issues to boost longevity and daily functioning.

Your body and brain needs quality sleep. During sleep, the brain sorts through and stores information, replaces chemicals and even solves problems while you snooze.

One of the most effective ways to improve sleep quality at night is by taking care of yourself during the day with exposure to natural sunlight. Your body is its own time clock and insufficient amounts of light and vitamin D can negatively alter your circadian rhythm.

Regular physical activity and social interaction is essential to your overall health and can play a role in sleep health. Exercising during the day burns energy so that you are tired at days end which helps you fall asleep faster when your head hits the pillow. Exercising towards the start of the day is recommended as it allows your body to unwind and come back to homeostasis.

Blue light exposure from everyday devices can interfere with your natural sleep cycle. It decreases melatonin production, which may make it harder to fall asleep in the evening. The additional state of alertness and stress which comes from spending time on these devices can also contribute to sleep issues.

Small steps can go a long way in improving your overall sleep health. We encourage you to take these small steps in the month of May.

UPCOMING HP PROGRAMMING

Injury Reduction Strategies

IRS

8 May

Respect in the Canadian Armed Forces

RitCAF

19 May

May 22 2026



Date: 9 May

Start Time: 10 am

Distances: 1km, 5km, 10km

Location: RecPlex 8

Wing

CFB Trenton

21 Namao Dr East, Trenton

Healthy Eats!



Easy Shrimp Tacos

Ingredients

- 1 cup plain Greek yogurt or sour cream
- 1/4 cup minced fresh cilantro
- 3 tablespoons lemon juice
- 2 tablespoons lime juice
- 1/8 teaspoon plus 1/4 teaspoon salt, divided
- 2 tablespoons olive oil
- 2 medium green pepper, chopped
- 4 fresh green chiles, such as Hatch or Anaheim, seeded and chopped
- 1/2 cup chopped red onion
- 1 pound uncooked shrimp (31-40 per pound) peeled and deveined
- 4 garlic cloves, minced
- 1 teaspoon ground cumin
- 8 corn tortillas (6 inches), warmed
- 2 cups torn lettuce

Directions

- In a small bowl, combine yogurt, cilantro, lemon juice, lime juice and 1/8 teaspoon salt; set aside
- In a large skillet, heat oil over medium-high heat.
- Add peppers, chiles and onion; cook and stir until crisp-tender, 4-5 minutes.
- Add shrimp, garlic, cumin and remaining 1/4 teaspoon salt.
- Cook and stir until shrimp turn pink, 2-3 minutes.
- Remove from heat; serve in tortillas with lettuce, yogurt sauce and, if desired, lime wedges

Source: tasteofhome.com

Good Sleep Tips.....



Did you know?

1. Adults ages 18-64 need 7-9 hours of sleep per night. This changes to 7-8 hours of sleep for adults 65+
2. 1 in 2 adults have trouble going to sleep or staying awake.
3. 1 in 5 adults do not find their sleep refreshing.
4. 1 in 3 adults have difficulty staying awake during waking hours.
5. 36% of adults who get insufficient sleep report having chronic stress compared to 23% of adults who get adequate sleep.
6. 12% of adults who get insufficient sleep report having poor mental health compared to 6% of adults who get adequate sleep.
7. Adults who get insufficient sleep report an average of 4 hours of sedentary time a day compared to an average of 3 hours for adults who get adequate sleep.

