



Hopkins **AWAKE** Network Newsletter

*3 steps to maintaining your New Year's Resolutions
From Dr. Bernard Davidson, a family psychologist at the Medical College of Georgia Health System*

New Year's Resolutions

Happy New Year! It's that time of year when many people decide to make a change in their life. If you have a resolution in mind, there are resources to help you succeed in reaching your goal. There are resources available through a federal government website www.usa.gov to guide you through some of the popular resolution topics such as weight loss, getting fit, eating right and decreasing stress at work. These are all topics we discuss often in the Sleep Center because they have affects on Sleep Apnea and Sleep in general.

If you would like more information on these topics, please go to www.usa.gov and search "New Year's Resolution" or call them at 1-800-FED-INFO and request a publication for a topic that interests you.

Next Hopkins **AWAKE** Network meeting

Topic: Sleep Dentistry and the use of Oral Appliances to Treat Sleep Apnea

Speaker: Steven Scherr, D.D.S.

Sleep Disordered Breathing & Facial Pain Centers of MD

Date & Time: Tuesday, January 13, 2009 at 6:00 p.m.

Location: Hopkins East Baltimore Campus—Weinberg Building Auditorium

401 N. Broadway (Northeast corner of Broadway and Orleans) - first floor

The parking garage is located under the Weinberg building.

Parking coupons are provided at the **AWAKE** meeting for free parking, bring your ticket with you.

January, 2009

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AWAKE Network coordinator

Loretta Colvin, Nurse Practitioner

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Join our email list!

Email awake@jhmi.edu to join our email list. You will receive announcements for upcoming **AWAKE meetings. You will also receive occasional emails with information on other sleep topics.**



3 steps to maintaining your New Year's Resolutions

From Dr. Bernard Davidson, a family psychologist at the Medical College of Georgia Health System

- **Be committed.** You must think through what you want to change and commit yourself to the long-term process it usually takes to achieve change. You then need to come up with a realistic plan to help you reach your goals, Davidson said in a statement. For example, if you want to shed some pounds, create a weight-loss schedule and an achievable diet and exercise plan. If your family and friends are supportive, tell them about your goals. They can provide encouragement and reinforce your commitment to change. If necessary, seek professional help to assist you.
- **Be prepared for setbacks.** Don't think of them as complete failures, don't dwell on them, and don't let them make you give up your goals. After a setback, try to get back on track to reach your objective. Plan ahead on how you'll deal with setbacks. For example, if you do have a cigarette when you're trying to quit, your plan may include calling a supportive friend to talk about it. Or you may want to review all the reasons you listed for wanting to stop smoking and why reaching that goal will make you happy.
- **Track your progress.** Motivate yourself by celebrating your successes and by getting positive feedback from supportive family and friends. A good approach is to evaluate yourself every week or two weeks. However, don't over-monitor yourself by doing a self-assessment every day. That's just likely to end in frustration. Don't compare yourself to others. Accomplish your goal in a way that's best suited to you.

Did your Insurance Change for 2009?



When you have a change in insurance, you will need to notify your doctor's office at your next appointment.

Also, remember to notify your home equipment company if you have a sleep apnea machine (ex: CPAP machine). If they do not have your updated information when you order supplies, errors can result and you may be charged for your supplies directly, rather than the bill getting sent to your new insurance company.
