



## Headache Awareness

Headaches are a common health complaint that nearly [96%](#) of adults will experience at some point in their lifetime. Whether it is a mild tension headache or a debilitating migraine, the pain and discomfort can affect concentration, relationships, and sleep quality. By understanding the different types of headaches, along with their common triggers, symptoms, and treatment options, you can be better prepared to manage them.

There are several types of headaches:

- **Tension headaches** are the most common type, causing a dull, aching pain and tightness around the forehead or back of the head. They are often triggered by stress, poor posture, or eye strain.
- **Migraines** are intense, throbbing headaches usually on one side of the head, often accompanied by nausea, vomiting, or increased sensitivity to light and sound. Migraines affect almost [15%](#) of adults in the U.S., and they can last from a few hours to several days.
- **Hypertension headaches** can occur in the case of extremely high blood pressure (greater than 180/120), a condition known as hypertensive crisis. However, some people with elevated blood pressure do not experience headaches.
- **Cluster headaches** cause severe, sharp pain typically around one eye, occurring in cyclical patterns or clusters. These headaches are less common but extremely painful.
- **Sinus headaches** are typically triggered by sinus infections, seasonal allergies, or inflammation, leading to pressure and pain around the forehead, cheeks, and eyes.

The most common headache triggers include stress, poor hydration, lack of sleep, certain foods, hormonal changes, medications, and environmental factors such as bright lights or strong smells.

Migraines have various complex triggers, including:

- Genetic predispositions
- Certain foods
- Weather changes
- Sensory influences

These headaches usually cause severe, long-lasting pain, often with visual auras, nausea, and vomiting. Silent migraines may present with auras and nausea but no pain.

Treatment depends on the type of headache. Over-the-counter pain relievers can relieve tension and sinus headaches. Avoiding triggers may reduce how often headaches occur. Oxygen therapy might help cluster headaches, while migraine medications are prescribed based on individual medical needs.

Sudden severe headaches accompanied by fever, stiff neck, confusion, seizures, or vision/speech changes require immediate medical attention to rule out serious conditions like a stroke.

Accurate diagnosis and personalized treatment are key. Frequent or severe headaches warrant evaluation by a healthcare provider to develop an effective management plan.



## Sleep Hygiene

If you routinely wake up feeling groggy or unable to focus, it may be time to take a closer look at your sleeping habits. Poor sleep can interfere with your ability to think clearly, regulate your emotions, and even feel motivated to be physically active. Most adults need between [7 and 9 hours](#) of quality sleep each night to function well, but about [40%](#) of U.S. adults are not getting enough sleep, and up to [15%](#) experience chronic insomnia.

The health benefits of sleep include:

- Improved memory and concentration
- Lower risk of depression and anxiety
- Stronger immune function
- Lower risk of heart disease, diabetes, and obesity
- Better weight balance
- Faster recovery from physical activity and injury

Improving sleep quality often begins with simple lifestyle changes like creating a consistent sleep schedule, even on weekends. It is also helpful to make your bedroom a sleep-friendly environment by keeping it cool, dark, and quiet. Limiting exposure to digital screens and blue light at least an hour before bedtime can also improve sleep. For some people, avoiding caffeine, large meals, and alcohol close to bedtime can make it easier to fall and stay asleep. Different people also have different circadian rhythms, so knowing when you get your best sleep is an important consideration when making changes to your sleep schedule.

If you still have trouble falling asleep after making adjustments to your daily routines, seek guidance from

your healthcare provider. In some cases, over-the-counter remedies may help. For example, melatonin supplements can help regulate your sleep cycles, and herbal teas that contain chamomile, valerian root, or lavender may help you relax and promote sleepiness. However, pay close attention to the ingredients in these products and talk with your healthcare provider if you take other medications or have ongoing difficulties.

If natural remedies are not effective, prescription medications may be needed. Sleeping pills are sometimes used to improve sleep, but they are not meant to be used long-term due to the risk of developing dependence. Additionally, side effects of these medications often include grogginess, which can increase the risk of falls and accidents.

To assess your sleep patterns, start by tracking your sleep and evening habits in a journal or app. Many fitness trackers and smart watches capture sleep metrics to make tracking easier. This can help you identify other factors that may be disrupting your rest. Prioritizing rest is one of the most impactful changes you can make to protect your health and wellbeing.



# Memory

Occasional forgetfulness is a normal part of aging, but frequent episodes may indicate a possible underlying health issue that should be taken seriously. Common types of memory loss include short-term memory loss, where it becomes difficult to recall recent events or information, and long-term memory loss, which affects memories in the distant past. Causes of memory loss can include sleep deprivation, the use of certain medications, or more serious conditions like Alzheimer's disease and dementia.

Recognizing the early signs of memory loss, whether in yourself or others, is important for timely diagnosis and treatment. Signs of memory problems may include asking the same questions repeatedly, difficulty following conversations, misplacing items frequently, or changes in mood or personality. If you or someone you love is struggling with memory, discuss it with a healthcare provider, who will likely recommend further testing, blood work, or brain imaging to determine the cause and best treatment.

Evidence suggests that some memory-related conditions can be prevented or delayed by lifestyle strategies like these:

- Engaging in regular physical activity to improve blood flow to your brain
- Challenging your brain with puzzles, reading, or learning new skills
- Prioritizing sleep to support memory processing and storage
- Maintaining positive social relationships to support emotional resilience
- Avoiding smoking and limiting alcohol to reduce damage to the brain

Certain foods can also support healthy brain function. Consider adding these brain-boosting ingredients to your meals and snacks:

- **Fatty fish** like salmon, trout, sardines, and mackerel are rich in omega-3 fatty acids, which are essential for brain function.
- **Blueberries** are packed with antioxidants, especially anthocyanins, and may support brain function and improve memory.
- **Turmeric** contains curcumin, a powerful anti-inflammatory antioxidant that can cross the blood-brain barrier and boost mood and memory.
- **Broccoli** is high in vitamin K, which is needed for forming sphingolipids, the type of fat in brain cells.
- **Pumpkin seeds** contain magnesium, iron, zinc, and copper—all crucial for brain function.
- **Dark chocolate** (70%+ cacao) contains flavonoids, caffeine, and antioxidants, all known to enhance memory and concentration.

While some memory changes can be expected with age, especially if there is a genetic predisposition, severe memory loss is not normal or inevitable. Being proactive about your health and making daily choices that support your brain can protect your memory throughout the aging process.

## AIR FRYER SALMON BITES

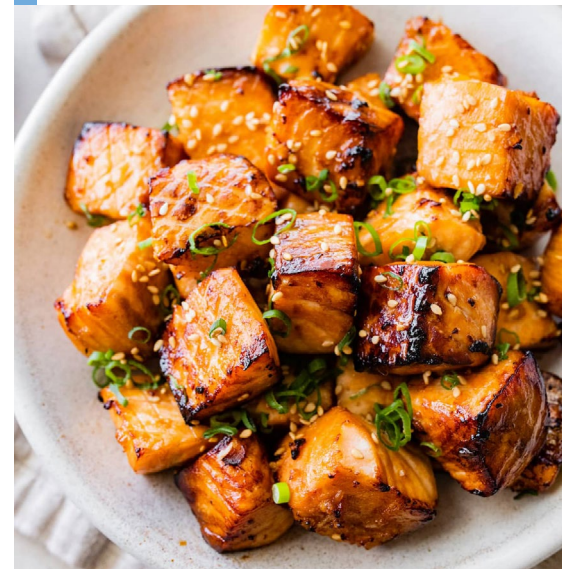
### Ingredients

- 1 – 1 ¼ lbs skin-on or skinless salmon fillets
- ¼ cup coconut aminos
- 1 tablespoon rice vinegar
- 1 tablespoon pure honey
- 3 garlic cloves, finely minced (or 1½ teaspoons garlic powder)
- 1 teaspoon toasted sesame oil
- 1 teaspoon grated fresh ginger (or ½ teaspoon dried ginger)
- ½ teaspoon Sriracha (may sub gochujang or another hot sauce)
- ¼ teaspoon fine salt, more to taste
- ⅛ teaspoon black pepper
- Olive oil spray or avocado oil spray

### Instructions

1. Slice the salmon into 1-inch cubes, ensuring the pieces are all about the same size so they will cook evenly.
2. In a large shallow bowl or pie plate, combine the coconut aminos, vinegar, honey, garlic, sesame oil, ginger, Sriracha, salt, and pepper; whisk to combine.
3. Add the salmon pieces to the marinade, turning each piece a few times to coat well. Set aside to marinate for at least 15 minutes or as long as 4 hours.
4. Preheat the air fryer to 400°F, which will take about 5 minutes.
5. When hot, mist the basket of the air fryer generously with cooking spray. Place the salmon chunks in the basket, skin side down, making sure they are not touching. NOTE: If the air fryer basket is small, it may be necessary to cook the salmon in two batches.
6. Air fry until the salmon flakes easily, 5 to 7 minutes.
7. If serving the salmon bowl style, the Quick Pickled Cucumbers can be prepared while the salmon marinates. And the Creamy Honey-Sriracha sauce can be combined while the salmon cooks.
8. To assemble the bowls, divide the cooked rice among serving bowls and top each with some of the pickled cucumbers and the air fried salmon. If desired, garnish with avocado, edamame, sesame seeds, red pepper flakes, sliced green onions, and a drizzle of the creamy Sriracha sauce.

Servings:  
4



### Nutrition Facts (per serving)

Calories: 177  
Carbohydrates: 6g  
Protein: 24g  
Fat: 6g  
Fiber: 0g  
Sodium: 391mg  
Sugar: 5g  
Cholesterol: 52mg