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**EAP NEWSLETTER**

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**JULY/August 2007****The Independence**

For almost a year Congress tried to work out its differences with England. But the war was yet to be declared formally. By June 1776 their efforts went in vain and a committee was formed to compose a formal Declaration of Independence.

Headed by Thomas Jefferson, the committee included John Adams, Benjamin Franklin, Philip Livingston and Roger Sherman. Thomas Jefferson was chosen to write the first draft which was presented to the Congress on June 28. John Hancock, President of the Continental Congress signed the Declaration of Independence. After various changes a vote was taken late in the afternoon of July 4th at a meeting in Philadelphia. Of the 13 colonies, 9 voted in favor of the Declaration, 2 - Pennsylvania and South Carolina voted 'No', Delaware remained undecided while New York abstained.

The first newspaper to print the Declaration was the Pennsylvania Evening Post on July 6, 1776. On July 8th the Declaration had its first public reading in Philadelphia's Independence Square.

The bell in Independence Hall was rung. The "Province Bell"



would later be renamed "Liberty Bell" after its inscription - Proclaim Liberty Throughout All the Land Unto All the Inhabitants

Although the signing of the Declaration was not completed until August, the 4th of July has come to be accepted as the official anniversary of United States' independence. In fact, the event came to be recognized as the most important one in American history and the document provided the basis of American Constitution which was issued 11 years later. The first Independence Day celebration took place the following year - July 4, 1777.

Meanwhile the Americans under George Washington as commander-in-chief, kept defeating the British troops. It was only after the British defeat under the General Cornwallis in 1781 Britain surrendered. The official recognition didn't come until 1783, when a peace treaty was signed in Paris. Thus, the United States of America came into existence with a union of thirteen sovereign states from Maine to Georgia.

From- theholidayspot.com

**Insomnia Treatment:  
Cognitive behavioral  
therapy instead of  
sleeping pills**

Your insomnia may be caused by one or more underlying problems. You may have restless legs syndrome, sleep apnea or a serious medical condition that keeps you from getting restful sleep. And like a large number of people who have insomnia — 42 million by some estimates — you may have turned to sleeping pills for insomnia treatment.

**What's so good about a good  
night's sleep?**

Sleep is essential for your physical and mental well-being. When you're sleep-deprived, recovery from stress takes longer, and you're more likely to develop infections, high blood pressure, cardiovascular disease and diabetes. You may have problems with learning and memory, may be depressed and irritable, and apt to make mistakes on the job. You also have a higher risk of being in a motor vehicle crash — people with insomnia have twice as many car accidents as the general population.



Natural sleep is best. It's physically restorative, and it usually provides enough dreaming time (REM sleep) to improve learning, memory and mood. But most sleep experts agree that there are times when sleeping pills, especially the relatively new class of drugs that includes zolpidem (Ambien), eszopiclone (Lunesta) and zaleplon (Sonata), may be of help. Such times include periods of pain or grief, or when sleep loss affects your job performance. But though sleeping pills are a temporary aid and shouldn't be taken for more than a few days to a few weeks, some people take these drugs far longer — often every night for months.

Cognitive behavioral therapy (CBT), a relatively simple, short-term treatment has long been used to treat a range of problems, including depression, panic attacks, eating disorders and substance abuse. Now, it has also proved effective against insomnia. So effective, in fact, that for most people it works better than sleeping pills — with no side effects. CBT is based on the idea that how you think affects the way you feel and behave. By changing your thought processes (cognition), the theory goes, your behavior also changes. When used as an insomnia treatment, CBT, which usually requires four to eight 30-minute sessions with a trained sleep therapist, works on two levels. First, it teaches you to recognize and change false beliefs that affect your ability to sleep — the idea that you need exactly eight hours of sleep every night, for instance, or that one restless night will make you sick. CBT also deals with misperceptions about the amount of time you actually spend sleeping.

People with insomnia often sleep more than they realize. In therapy, you learn how much sleep you really need and how to plan for it.

The second part of CBT insomnia treatment deals with behavior, or what sleep experts call “sleep hygiene.” This helps reprogram the part of the brain that governs the sleep-wake cycle. In CBT you learn to:

Get up at approximately the same time every day,

Get as much natural light as possible during the day, and limit light when you want to sleep.

Go to bed only when you think you can fall asleep. If you haven't dozed off within 20 to 30 minutes,

get out of bed and do something else until you feel drowsy. Limit the amount of time you spend in bed when you're not actually sleeping

Avoid napping during the day.

Avoid caffeine, nicotine and alcohol

Get regular exercise.

Start winding down an hour or two before bedtime. Turn down the lights. Stop watching television and using the computer. Take a warm bath.

- From MayoClinic.com

## Summer Health Tips

No matter what summertime activity you choose to participate in - some fun and games with family or friends at the park, a refreshing swim, or a backyard barbecue - those hot and humid days can take a toll on you physically, as well as present some hidden dangers. Here are some tips on how you can manage the heat and keep cool during the dog days of summer. The risk of heat exhaustion and heat stroke rises along with the temperature and humidity.

Heat illnesses occur when the body's cooling mechanism becomes overloaded. When the heat starts to rise - slow down. Regardless of your activity level, drink more fluids - your body needs water to prevent dehydration during warm summer days. Stay away from liquids that contain caffeine, alcohol, or large amounts of sugar. Stay indoors or in shaded locations; wear lightweight, light-colored, loose-fitting clothing; and limit your outdoor activity to morning or evening hours when it is cooler outside.

Heat exhaustion is a milder form of heat-related illness that can develop well after dehydration occurs. Those most prone to heat exhaustion include the elderly, those with high blood pressure, and children. Some symptoms of heat exhaustion include: cool, moist, pale or flushed skin; muscle cramps; heavy perspiring; nausea and sometimes vomiting; weakness; dizziness; dry mouth; and a headache.

Heat stroke is a life-threatening situation. It occurs when the body is unable to regulate its temperature. Heat stroke can occur within 10-15 minutes of the first symptoms. Signs of heat stroke include: very high body temperature (above 103 degrees); hot, dry, red skin; no sweating; nausea; dizziness; confusion, disorientation, hallucinations; or loss of consciousness. Have someone call for immediate medical assistance. Get the person to a shaded area; cool him/her rapidly using whatever methods you can (immerse in a tub of cool water, place in a cold shower, spray with cool water from a garden hose); do not give fluids; call the hospital emergency room for further instructions if medical assistance is delayed in responding.

From- Consumerfocus.com