

## **Week 3 Resources and Module References**

### **Sleep Resources**

1. National Institutes of Health (2012) The Benefits of Slumber: *Why You Need a Good Night's Sleep*. April 201. *NIH in the News*. <http://newsinhealth.nih.gov/issue/apr2013/feature1>
2. Chaput, J.P. , et al. (2012) Adequate sleep to improve the treatment of obesity. *Canadian Medical Association Journal*. Dec 11, 2012; 184(18): 1975–1976. <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3519150/>
3. Lyytikainen P, et al. (2011) Association of sleep duration with weight and weight gain: A prospective follow-up study. *Journal of Sleep Research*. 2011;20:298. <http://onlinelibrary.wiley.com/doi/10.1111/j.1365-2869.2010.00903.x/full>

### **Excessive Sitting Resources**

1. Just Stand <http://www.juststand.org/tabid/816/language/en-US/default.aspx>
2. *Sitting too much graphic*: <http://www.washingtonpost.com/wp-srv/special/health/sitting/Sitting.pdf>
3. Hamilton, M. et. al. (2008) Too Little Exercise and Too Much Sitting: Inactivity Physiology and the Need for New Recommendations on Sedentary Behavior *Curr Cardiovasc Risk Rep*. Jul 2008; 2(4): 292–298. <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3419586/>
4. Lavine, J. What are the risks of sitting too much? *Mayo Clinic*. <http://www.mayoclinic.org/healthy-living/adult-health/expert-answers/sitting/faq-20058005>

### **Traditional Local Alaska Native Foods, Resources**

1. **Store Outside Your Door**  
<https://www.facebook.com/StoreOutside>  
<https://www.storeoutside.com/>  
See “webisodes” of local traditional food recipes. This webisode example from Barrow shares the process of making seal oil: <http://youtu.be/atZuZgTg8Cs>
2. **Alaska Food Policy Council**  
<https://www.facebook.com/akfoodpolicy>  
<https://akfoodpolicycouncil.wordpress.com/>
3. **Alaska Community Agriculture**  
<http://acaa.drupalgardens.com/>
4. **Food Resources in Alaska** (an extensive list of website links, inclusive of traditional foods)  
<http://akfoodpolicycouncil.wordpress.com/food-resources-in-alaska/>
5. **Traditional Food Guide for Alaska Native Cancer Survivors**  
<http://www.anthc.org/chs/crs/foodguide.cfm>
6. **Traditional Food Guide Children's Activity Book**  
<http://www.anthc.org/chs/crs/foodguide.cfm>

## Bio-feedback References and Resources

1. Van der Kolk, B. (2014) *The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma* Penguin Group.
2. <http://www.innerhealthstudio.com/biofeedback-therapy.html>
3. <http://bio-medical.com/news/2002/05/temperature-biofeedback-hand-warming-explanation/>

## Breathing Apps, Resources

### Gay Hendricks Resources:

1. Breathing coach: <http://www.hendricks.com/breathingcoach/>
2. Breathing YouTube: <http://youtu.be/ijjKCj6d-p0>
3. Book: Conscious Breathing: Breathwork for Health, Stress Release, and Personal Mastery <http://www.amazon.com/Conscious-Breathing-Breathwork-Release-Personal/dp/0553374435>

## Module References

1. National Institutes of Health (2012) *The Benefits of Slumber. Why You Need a Good Night's Sleep. April 201. NIH in the News.* <http://newsinhealth.nih.gov/issue/apr2013/feature1>
2. Chaput, J.P, et al. (2012) Adequate sleep to improve the treatment of obesity. *Canadian Medical Association Journal.* Dec 11, 2012; 184(18): 1975–1976. <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3519150/>
3. Lyytikainen P, et al. (2011) Association of sleep duration with weight and weight gain: A prospective follow-up study. *Journal of Sleep Research.* 2011;20:298. <http://onlinelibrary.wiley.com/doi/10.1111/j.1365-2869.2010.00903.x/full>
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5. Lavine, J. What are the risks of sitting too much? *Mayo Clinic.* <http://www.mayoclinic.org/healthy-living/adult-health/expert-answers/sitting/faq-20058005>