



## Letter from the Director

### Current Studies

- Knee Osteoarthritis
- Sciatic Nerve Pain
- Herniated Disc
- Urinary Tract Infection
- Post-Herpetic Neuralgia **NEW**
- Gout **NEW**
- COVID-19 **NEW**



Hello Study Participants and Friends,

While spring technically starts on March 20<sup>th</sup>, here in the Treasure Valley we've been known to swing from winter blizzard conditions to small heat waves... and sometimes on the same day! There is evidence from the Journal of Clinical Sleep medicine that shows the low barometric pressure that we see in storms can actually make us feel tired and sleepy or even make sleep apnea symptoms worse.



**All I can say is I'm incredibly grateful spring is here and we're on our way to warmer weather and more time spent outdoors.**



And, while the days are finally getting longer, low light and the potential for lower vitamin D levels can make us feel drowsy as well. This month hosts sleep awareness week and you'll find some helpful tips on good "sleep hygiene" for getting a good nights sleep.

We also highlight the benefits of gratitude in this month's newsletter. All I can say is I'm incredibly grateful spring is here and we're on our way to warmer weather and more time spent outdoors. Spring brings so much new life that it's hard to look out the window at the crocus and daffodils starting to peak their green shoots through the ground and not feel grateful for a new season. The colors that spring welcomes in are always a big mood pick-me-up after the grey and white days of winter.

Stay safe and well,

**Jill**

## Did you know?

### Gratitude is Your Secret Weapon

Scientists have long studied gratitude's effects on the mind and body, and conclude it is exceptionally good for you. Practicing gratitude is associated with increased levels of serotonin and dopamine in the brain. These allow you to feel pleasure and regulate mood, sleep, heart rate, and more. A gratitude journal, thank you notes, and saying thanks amid the daily grind are three ways you can practice gratitude and pursue a happier, healthier life.



**APPLY TO PARTICIPATE:**  
 Call 208-621-2503,  
 Scan the QR Code, or head  
 to our website.  
[InjuryCareResearch.com](http://InjuryCareResearch.com)



Leprechauns make the worst patients.

## Awareness Month

Sleep Awareness Week: March 14-20, 2021

According to the 2020 Sleep in America poll, the average American feels sleepy about 3 days per week. Among 1,011 survey participants, drowsiness was accompanied in some cases by headaches, irritability, and feeling unwell. When faced with fatigue, 62% of participants said they tend to "shake it off" and keep going. While this is understandable and necessary in the moment, the National Sleep Foundation urges people not to ignore tiredness, but pursue better rest by developing good sleep habits.

Feeling sleepy? Take steps toward better rest with sleep quality tips from the National Sleep Foundation:

- 1) Go to bed and wake up at a similar time each day.
- 2) Exercise regularly.
- 3) Finish all meals and snacks 2-3 hours before bed, and limit caffeine intake in the afternoon and evening.
- 4) Make your bedroom as quiet, dark, and cool as possible. Turning off the TV, using blackout shades, and adjusting the thermostat between 60 and 67 degrees creates a more ideal sleep environment.



## Walnut Crusted Lemon Chicken Piccata

from [AMY RAINS](#)

PREP TIME 10 COOK TIME 10 TOTAL TIME 20 MINUTES

### INGREDIENTS

- 4 medium sized chicken breasts
- 1 cup walnuts
- Salt and Pepper
- 3 tbsp olive oil
- 2 cloves garlic crushed
- 2 lemons
- 1 cup chicken broth
- 2 tbsp drained capers
- 2 tbsp chopped fresh parsley
- 1 tbsp water

### INSTRUCTIONS

1. Heat up a large skillet to medium high heat.
2. While pan is heating, pound chicken breasts so they are about 1/2 inch thick. Season with salt and pepper
3. Pulse walnuts in a food processor until it resembles a coarse crumbly mixture, place inside a shallow bowl.
4. Place seasoned chicken breasts in the walnut coating, getting both sides.
5. Add 2 tbsp olive oil to the skillet, and all the chicken breasts into the pan. Reduce the heat to medium. Cook for approximately 2-3 minutes per side. Outside should be golden and crispy, and the inside should be cooked through. If your pan is too hot, remove from heat to prevent burning the walnuts. DO NOT OVERCOOK!! Remove to a plate and cover with foil to keep warm.
6. Juice one of the lemons, and slice the other for serving (or juice it for the sauce if you want it EXTRA lemon-y, adjust to your taste).
7. Now make the lemon sauce: add the remaining 1 tbsp olive oil (may need an extra tbsp), and scrape up any of the brown bits on the pan. Add garlic and cook for about 30 seconds. Add lemon juice, chicken broth, and capers while you continue to scrape around the pan. Sauce should bubble and begin to thicken after 2-3 minutes.
8. Pour sauce over chicken and serve immediately with lemon slices and chopped parsley.