



### **Bike/Pedestrian Friendly Driver Training - November 19 at 8:30am**

Join Bike Walk Knoxville's Friendly Driver Training on November 19 at 8:30 AM at the Facilities Services Complex to help us learn how to safely share the road with people walking and biking. With so many bikers and pedestrians on campus, it's important for all of us to inform ourselves on how to keep everyone safe.

Sign up for this excellent training by sending an email [FSTraining@utk.edu](mailto:FSTraining@utk.edu).

### **Coffee & Conversation Returns November 20<sup>th</sup> at 8:30am**

Registration is now open for our next Coffee & Conversations event on Thursday, November 20, 2025, from 8:30–9:30am in Room 101/102 at the Facilities Services Complex. As always, we'll have coffee, donuts, and plenty of good company! Please pre-register by Thursday, November 13 so we can be sure to have enough treats for everyone. Space is limited, so sign up soon at [tiny.utk.edu/FSCoffee](http://tiny.utk.edu/FSCoffee). (Flyer attached for details!)

### **Reminder: Check the Warehouse for Incoming Orders**

When items sit in the warehouse without being picked up or received, their invoices remain unpaid. Please check with Central Supply a few times each week if you're expecting an order. Prompt receipting helps ensure our vendors are paid on time and that we maintain strong relationships with them.

### **Public Recycling Drop-Off Moved to Concord**

We've officially moved our public recycling drop-off site! Our former location at 2121 Stephenson Drive is now closed, and we're excited to welcome everyone to our new site at 521 North Concord Street, Knoxville, TN. Please help us spread the word.



## BUILDING SERVICES

### Student Union:

- The auditorium was blown out after several events.
- The first floor (first section) seating area carpet was vacuumed and cleaned.
- The dressing rooms were cleaned.
- The windows on the outside of the dining was cleaned.
- IQ was used on the first floor and phase 1.
- The auto scrubber was ran on the connector bridge.
- Stairwells were swept and mopped.
- Chip was used to vacuum the hallway carpet on L2, 3<sup>rd</sup> and 2<sup>nd</sup> floor.
- Graffiti removal was attempted in Union Station.
- The overlook glass was cleaned to remove fingerprints.
- G2 and G3 were dusted throughout the hallways and entrances.
- Cardboard bales were made.

### Bass Building:

- Leaf removal around the entrance was done.
- High dusting was completed.

### 1610 University Avenue Building:

- Stairwells were swept and mopped to remove construction dust.
- Leaf removal around the entrance was completed.
- Dusting on the first floor and restrooms was done.

### UT Drive Building

- Restroom cleanup was done after repairs were completed.

### Zone 7:

- Cleaned the Lab Theatre at Clarence Brown Theatre daily and on weekends for performances of The Harvest play.
- Cleaned Vol Shop at University Commons on Monday and Thursday.

- Ceramics Addition by Art and Architecture resumed normal operations after its drain was unclogged.
- Brought unclaimed items left at Humanities and Social Sciences to the Free Store on 22nd Street. These were mostly clothes, water bottles, and umbrellas.
- Staff cleaned up after ceiling repairs at McClung Tower.
- Provided custodial services for Welcome Wednesday on Humanities and Social Sciences South Plaza.
- Added new Jenny Boyd Theatre to Zone 7 for regular cleaning.
- Cleaned up a spill at ANRB 424.
- Did walkthrough of new Jenny Boyd Theatre. A contractor completed a final cleaning after construction was finished. Four Building Services staff then did final touch-up cleaning before ribbon-cutting on Friday and gala on Saturday. Set up closet shelves, stocked supplies, filled and installed dispensers, brought over equipment, and supplied trash cans and rugs. Provided staff for ribbon-cutting and gala.
- Prepared Art and Architecture, Humanities and Social Sciences, and Haslam Music Center for events on Saturday.

## FS OPERATIONS

### MOVING & EVENT SERVICES

Monday, November 3<sup>rd</sup>

- Delivered tables and chairs to Blueberry Falls for Event: AI Educator Kick-Off.

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### MOVING & EVENT SVCS (CONT.)

- Picked up two folding stages, skirting, step/rail from ANR 101B from Alpha Chi Omega Chapter Event.
- Picked up tables and chairs from Buehler Courtyard from Event: ACGS Halloween Party.
- Picked up tables and chairs from SU Plaza from Alumni Tailgate.
- Picked up tables and chairs from Zeanah Engineering 4<sup>th</sup> floor Atrium Event: ETEC/Nuclear Engineering Tailgate.
- Picked up tables and chairs from Poplar Hall/Magnolia Courtyard Event: Poplar Hall Association Tailgate.
- Picked up speaker stands, tables, and chairs from Gate 21 Pregame Show.

Tuesday, November 4<sup>th</sup>

- Installed banner outside of Tyson Alumni House for Big Orange Give event.
- Picked up large GIVE letters from Tyson Alumni basement and delivered and set them up at Ped Walkway Whirlwind Statue for Big Orange Give event.
- Picked up two large pieces of equipment from IAMM loading dock and delivered both to Dougherty 103B, also took one large piece of equipment from Dougherty 103B back to IAMM and placed it in lab.
- Picked up Homecoming banners from Tyson Alumni House and began installation across campus.
- Provided electrical support for Event: Second Thursday at Fiji Island.
- Removed large desk from Hallway outside of Ferris Hall room 423 and disposed of it.
- Removed and disposed of whiteboard from Ferris Hall 421.
- Picked up desks and chairs from Silverstien-Luper and delivered them to Southern Kitchen at Vol Hall and Cumberland Food Hall for Vol Dining.

- Removed overhead storage part of office desk in Bailey Education Complex A302 and moved to department storage.

Wednesday, November 5<sup>th</sup>

- Provided electrical support at several locations across campus for Event: Big Orange Give Cotton Candy Cart.
- Assisted with electrical needs for Event: Welcome Wednesday at HSS Plaza.
- Disassembled and moved furniture from Law School 124 to conference room in 233 and another office inside the room.
- Moved and arranged large file cabinets at Law School into new filing room inside 222.
- Removed furniture affixed to the wall in Law School 263 and hauled to trash.
- Disassembled furniture in Student Services Building 101K so surplus can pick up and take.
- Rearrange furniture within Communications Building office 325.
- Continued Homecoming banner installation.

Thursday, November 6<sup>th</sup>

- Set up tables and chairs at ANR 101 for Event: 2025 UTCVM Job Fair.
- Picked up event supplies from Thompson Boling Arena and took them to storage.
- Picked up boxes from Communications Building lobby of room 91 and delivered to SU Ballroom.
- Provided electrical support for Event: Free Store Pop-Up Market at Laurel Hall.
- Removed banner from the front of Tyson Alumni House and returned it.
- Picked up large GIVE letters from Ped Walkway and returned them to Tyson House basement.
- Picked up UT, state, & American flags, and 15-20 captains chairs from arena and took to storage.

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### MOVING & EVENT SVCS (CONT.)

Friday, November 7<sup>th</sup>

- Delivered chairs to Hoskins Library upstairs Atrium.
- Delivered podium to Clarence Brown Theatre for Event: Jenny Boyd Theatre Dedication.
- Delivered tables to Ped Walkway for Event: First Gen Day.
- Set up tables and chairs at ANR 101A/B for Event: Herbert Scholarship Banquet.
- Delivered and set up tables and chairs, and provided sound and electrical to Food Science Atrium for Event: McLeod Food Science Building Naming.
- Provided electrical support for Event: Free Store Solar Powered Concert at 915 22<sup>nd</sup> St.
- Delivered chairs to Fred Brown Hall for Event: Army ROTC Wreath Laying Ceremony.

Sunday, November 9<sup>th</sup>

- Delivered tables, chairs, constructed large stage, and provided generator and electrical support at Fiji Island for Event: SGA Homecoming Bonfire.
- Delivered and set up tables and chairs at Beacon Hall Courtyard for Event: Fall Festival.
- Finished Homecoming banner installation.
- Picked up chairs from Hoskins Library upstairs atrium.

### SUSTAINABILITY

Data / Totals:

- Grow Lab:
  - 13.7lbs Harvested
- Compost:
  - Food waste: not calculated yet
  - Landscaping waste: 14,350 lbs
  - Animal waste: 17,250 lbs
  - Grease water: 1500 gallons

- Distributed 11 yards of finished compost to the Organic Crops Unit and 8 yards to Heavy Equipment.

- Oklahoma Game Food Waste: 3,084 lbs

Updates:

- Jay & Ella were invited by Eastman to tour some of their facilities & discuss plans for a future zero waste/composting project for their longstanding Good Sports Always Give Back partnership with UT.
- Campus EcoChallenge winner, Laurel Hall, was celebrated with a Free Store pop-up and hot chocolate bar on the 6th. This is the first year the Eco Challenge replaced the long-held Power Challenge in hopes of providing a more equitable competition.
- November is Hunger and Homelessness awareness month. In honor of this, the UTK Grow Lab is hosting a can drive to benefit Big Orange Pantry's Free Store Pocket Pantry. Feel free to bring any cans by the Grow Lab, there will be a collection container outside.
- The Office of Sustainability is hosting a UT Gear Donation Drive on November 18, 3–6 PM at the Lauricella Center in Neyland Stadium to support the Young Athletes Program in Botswana—the biggest UT fans in Africa! Food for the first 200 attendees. Donate clean, gently used UT clothing (Youth S–Adult XL), accessories, stickers, toys, flags, and souvenirs to help grow our global Volunteer family.
- Our new Public Recycling Drop off, located at 521 North Concord Street, is finally open! The hours are M-F, 8am to 7pm.

### LANDSCAPE SERVICES

- No report received

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## MAINTENANCE & REPAIR

### HOUSING

- Preparing for the cold weather, Checking boilers and cooling towers.

### ATHLETICS

- Neyland Stadium. General maintenance and preparing for special events in premium areas, Also Preparing for Homecoming Game.
- Regal Soccer: General Maintenance and Repair and preparation for the NCAA tournament
- Lindsey Nelson Stadium: General building Maintenance, and assistance with contractors on construction.
- Football Complex: Doing general building maintenance and checking all areas for recruits and visitors. Assisted Steam shop with leaks on indoor field.
- Sherri Lee Softball: General Maintenance and Repairs and preparing for fall Softball games.
- Allan Jones Aquatic: General Maintenance and Repair, also preparing for swim meets this week.
- Goodfriend Tennis: General Maintenance and Repairs and prepping for Tennis tournament.
- Thompson Boling Arena: General maintenance and repair and preparing for volleyball games and Lady Vol and Men's Basketball games.

### DINING

- Repaired a fryer and cooler at Rocky Top Dining
- Repaired a sink, warmer, and grill at the Student Union
- Replaced an exhaust fan and coffee maker at Stokely
- Repaired a warmer at Traditions Deli in Vol hall

- Repaired a sink faucet at Hodges Library

### ZONE 4

- Art + Architecture - worked on a lock on a door in 131D and a ceiling leak in 204
- Andy Holt Tower - worked on heat in 207 and a stopped up toilet in the 6<sup>th</sup> floor men's room
- Communications - Rebuilt leaking toilet on 3<sup>rd</sup> floor and addressed a leak in 209 caused by a toilet leak
- Student Services - worked on heat in Suite 347 and Room 111A
- McClung Tower - worked on heating issues in 808 and 1106A and a toilet in the 8<sup>th</sup> floor men's room
- General building maintenance throughout zone

### ZONE 5

- No report received.

### ZONE 6

- No report received.

### ZONE 7

- No report received.

### ZONE 8

- We replaced a motor for an exhaust fan at the North Greenhouse.
- We spent several days preparing for the current cold weather.
- We are working with the contractors on the current steam outage that is taking place at the JRTU facility.
- Our One-Call team continues to answer calls for the entire campus 24/7-365 days a year.

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## LOCK & KEY SVCS (CONT)

- Pi Kappa Alpha – Replaced three broken room locks and changed door code
- Food Science Building – replaced electric strike
- Hesler – Fixed lock core
- Brehm – fixed core to work smoothly
- Dabney – replaced core
- Min Kao – fixed core
- Morgan Hall – suite door latch
- Student Union – door handle screw threads stripped out, fixed
- Music Center – replaced core
- Clarence Brown – removed broken key and made copies
- Carrick South – recore
- Cumberland Foos Hall – keyed up dining and front doors
- Plant Bio – made desk lock keys
- Baker School – rekeyed door lock
- Reese Hall – rekeyed room
- Baker Center – fixed entrance door
- Hodges – adjusted restroom lock
- Hess Hall – multiple recores
- Popular Hall – recore
- Clement Hall – multiple recores
- Created 16 padlocks for acetylene closets at Concord
- Alpha Gamma Rho – Replaced front door lock

## COMM & INFO

### COMMUNICATIONS & DIGITAL ENGAGEMENT

- Send any photos of your work team that you'd like to see featured on FS social media directly to Sam at [sjones80@utk.edu](mailto:sjones80@utk.edu) or 865-771-1531!

## TRAINING

- Log into K@TE to complete your OSHA training as soon as possible for 2025. Compliance Training is live now and should have been completed by the end of October. Conflict of Interest Disclosures are now past due.

## FS IT

- Setup Hotspot Upgrades
- Prepare for ADP payroll System GoLive
- Assist with GIS Analyst Hiring Committee
- Assist with Dash Permissions
- Assist with Work at Home Staff
- Purchasing in DASH
- Setup and distribute Hotspot Upgrades.
- Staff Management in Active Directory
- Beg for Podium Upgrades in 101 and 102
- Staff (new) Cell Phone Assistance

## UTILITIES SERVICES

### A/C SERVICES

- Conferences – rebuild primary heating water pump
- Steam Plant – rebuild heating water pump
- South Stadium – repair heating water system for kitchen area
- SMC – plug tubes in induction heat exchanger to restore heating system
- Morgan – replace original changeover valve to manual in 2 pipe system
- Campus – support electrical outage
- SERF – replace 150 hp VFD for condenser water pump no. 2
- Allan Jones - Repair Dectron units

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### A/C M&R

- Beuhler 504- Repair water leak
- Sigma Chi- Repair unit heater
- Fiber and Composites- Replace transformer
- Mossman- Work on vacuum
- A&A- Repair air compressor
- Communications- repaired Leibert unit
- Black Cultural Center- Repair split system
- Food Safety- Install evaporator
- Publications- Install compressor
- Fred Brown- Searched for water leaks
- U.T. Drive- Remove ductwork
- Boat House- Repair unit heater

### HIGH VOLTAGE UTILITIES

- Marking & logging Tennessee 811's on campus.
- Pump manholes on campus
- Adding poles and lights for parking lot at Concord
- Adding light at G10

### LOW VOLTAGE M&R

- Installing color-changing lights on Volunteer BLVD
- After Hours Campus Calls
- Concord Shops Project
- Fire Alarm Geier Hall
- Rainbird Project
- Lindsey-Nelson Stadium Renovation Power Outage
- Fire Alarm S. Carrick Hall

### FIRE ALARM GROUP

- Remove fire alarm equipment from Flemming Warehouse
- Set clocks for time change
- Monthly fire pump churn
  - Vols Basketball
  - Jonas Brothers
  - Lady Vols Basketball
  - Football against Oklahoma
- Food City Center - Disable and enable beam detectors
- Neilsen Physics - Reset fire alarm
- Dabney Buehler - Replace smoke detector
- Neyland Stadium - Prepare for game
- Morgan Hall - Replace Nac batteries
- Neilsen Physics - Replace duct detector board
- Geier Hall- Replace batteries in main fire panel
- JARTU - reset fire alarm
- Tri Delta - Reset sprinkler in alarm
- Sigma Kappa - Reset smoke detector in alarm
- Buehler Hall - Disable and enable smoke detectors for AC shop
- Pratt Pavilion - Trouble shoot audio visual trouble
- International House - outage
- Walters Academic - clean dirty duct detector
- Repaired Founders Suites Lighting Controls
- Tickle - Lighting Audit/Re-Programming
- Repaired lights at Zeta Tau Alpha
- Troubleshooting SCADA historian
- Baseball - lighting print review
- Set up lighting scenes for football stadium
- Troubleshoot Student Union lighting controls
- Replaced Stadium field light



## FIRE ALARM GROUP (CONT.)

- New Chemistry design review
- Monthly meter reading
- Added Nursing to lighting control website
- Humanities - can light replacements
- Adjusted ATS settings for Law College
- Adjusted timer for Kingston Pike Bldg parking lot lights
- Fire alarm at Jessie Harris
- Support for switching outages on White Ave.

## PLUMBING UTILITIES

- Marking and logging 811's on campus and performed utilities GIS documentation (on going)
- Pumped steam vaults on Campus
- Hess Hall temporary hot water (on going)
- Paint, test, and flush all Fire Hydrants on campus (on going)
- Repaired a water main leak at EJ Chapman and North Greenhouse
- Repaired a water main leak at Fred Brown Hall
- Water and sewer for recycle trailer at Concord
- Set up restroom trailers for gameday (will be ongoing through season)
- Serviced steam vaults across campus
- Repaired steam leak at North Greenhouse
- Repaired steam regulator at McCord Hall
- Repaired steam leak in vault under Neyland Stadium
- Repaired steam regulator in Nielsen Physics
- Building handrail for the Recycling building

## PLUMBING M&R

- Installed new water line for coffee machine at Anderson Training Center
- Repaired sink at White Ave ELC

- Repaired cast iron drain at dorms and Vet School
- Unstopped drains at the Music Chiller Building
- Repaired steam station leak at Rocky Top Dining
- Repaired 2" water line in Blount Hall
- Repaired a mixing valve at 2620 Sorority Village
- Repaired a steam leak on AHU #4 at Presidential Court
- Repaired a steam leak in the machine room at TVA Greenhouse
- Unstopped drains in the 3<sup>rd</sup> floor restroom at the Baker Center
- Repaired a steam leak on the PVI at the Third Creek Building
- Repaired a steam leak on the dryers at the Vet Med

## STEAM PLANT

- Check Fluids on all forklifts
- Walk around steam plant and fuel oil tanks checking for leaks
- Clean shop area and boiler room floors
- Continue to isolate #1 boiler for removal
- Monthly report
- Boiler #1 Meeting
- Continued fire floor clean, up after demo
- Worked on pipe layout for new feed water pump
- Replaced belts on Turbine oil cooler
- Installed VFD and transformer for new feed water pump
- Serviced all air dryers
- Cleaned out roof drains on electrical building
- Swapped out polisher strainer
- Repaired leak on  $\frac{3}{4}$  condensate return line

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## IN-HOUSE CONSTRUCTION

- Agriculture and Natural Resource Building: Display cabinet 219
- Andy Holt Tower: Outlet for cart charger P1; New electric panel 1<sup>st</sup> floor mech room
- Austin Peay: Classrooms 203, 308; Electric for monitors in corridors
- Bailey Education: Paint, carpet, etc. A401A; Multiple rooms carpet/paint/shades 3<sup>rd</sup> floor
- BESS Office Bldg.: Paint and flooring 101 and 103
- Burchfiel Geography: Paint and moving workstations 107
- Campus: TCE lab renovations in various buildings
- Cherokee Mills: Move new folks in- Shared Services, Ed Research; Business
- Clarence Brown Theatre: New displays
- Claxton Education: Cubicle changes 338 and 344
- Communications: Renovate 001-017, 250/251, 294/295, 333 and 420; HVAC for WUOT 299I; Soundproof doors WUOT; Paint 107V; Paint and carpet 268 and 434
- Conference Center Bldg.: Electric 399S5; Paint and electric 215; Renovate window displays
- Dabney Buehler: Lab renovation 209-214; Nitrogen piping
- Dougherty Engineering: New sink 301; Electric for monitor 103A; electric and air 102B
- ELC: Rebuild wood deck in playground; Fill in opening in restrooms
- Engineering Research Annex: New lights
- ETREC Johnson Animal: Repair kennel floor
- ETREC Walland: Build a wall/door
- Fred Brown: Lights and electric work in laundry room
- HPER: Various renovations for Capital Project
- Haslam Business Building: Renovate 320; Install backbox, electric and mount for monitor 334; Digital signs in corridors; Door lights 2<sup>nd</sup> floor office suite; Divide 540 into 2 rooms; Changes to serving area in 501
- Hesler Biology: Install emergency electric for greenhouses; Paint 331
- Hodges Library: Renovate 171 for Census Bureau; Carpet 606
- Hoskins Library: Carpet 2<sup>nd</sup> floor corridor
- Innovation South: Electric connections for equipment
- Kingston Pike Building: Door work 135B and 135D5
- Law Complex: Offices, conference rooms 212; Paint and carpet 247 and 252
- McClung Tower: Paint and carpet 803
- McCord Hall: Floors in hallways; Renovate G055, 111 and 112; Remove letters, paint 101
- Min Kao Engineering; Access controls 6 doors on 3<sup>rd</sup> floor
- Morgan Hall: Paint 204, etc.; Lighting, sound proofing
- Mossman Building: Labware washer 620F; Install humidity system 120C
- Nielsen Physics: Renovate 407
- Perkins Hall: Floors in hallways
- Plant Biotech: Controls for growth chamber B015; Remove sinks and plumbing 101
- Rocky Top: Dining renovations and repairs
- Senter Hall: Electric for equipment 101
- SERF: Renovations for 103, 106, 108, 213; Lab renovations for cluster hires
- Sorority Village: Install turnstile



## IN-HOUSE CONSTRUCTION

- Stokley Hall: Paint interior of building; Paint Keoke Coffee
- Stokely Management Building: Renovate restrooms on 7; Build offices 436
- Strong Hall: Lab work 726A1
- Student Aquatic Center: Grout pool tile
- Student Health: Panic buttons 121A, B, C
- Student Union: Dining renovations; Install door glass 382H
- UT Drive Building C: Renovate for move from Presidential
- UTFS Concord: Build stairs for trailer
- UT Gardens: Install Smart flower
- UT IAMM: Electric 150
- Vet Med Center: Renovate lab A335; Wall repair B022C; Add 16 panic buttons
- Volunteer Hall; Correct settling issues
- Walters Academic: Renovate spaces on 2<sup>nd</sup> and 3<sup>rd</sup> floor
- Zeanah Engineering: Card reader\ Add access controls for 8 rooms; Lab renovations for cluster hires; Electric and exhaust for freezers; Electric and plumbing G169



Written by Daniel Noyed | Medically Reviewed by Kimberly Truong, MD, MPH

Tempting as it might be to use your computer or phone before bed, studies have shown these devices can interfere with sleep by suppressing the production of melatonin. The National Center for Biotechnology Information advances science and health by providing access to biomedical and genomic information, a natural hormone released in the evening to help you feel tired and ready for sleep.



This leads to neurophysiologic arousals that increase feelings of alertness. The National Center for Biotechnology Information advances science and health by providing access to biomedical and genomic information when you should be winding down instead.

### Why Do Electronic Devices Keep You Up?

The biological clock in healthy adults follows a 24-hour sleep-wake cycle aims to seek fundamental knowledge about the brain and nervous system and to use that knowledge to reduce the burden of neurological disease. When the sun rises in the morning, your body produces cortisol, a hormone that makes you feel awake and alert. As daylight fades, the body releases another hormone, melatonin, that produces feelings of sleepiness.

Electronic back-lit devices like cell phones, tablets, readers, and computers emit short-wavelength enriched light, also known as blue light. Fluorescent and LED lights also emit blue light, which has been shown to reduce or delay the natural production of melatonin in the evening and decrease feelings of sleepiness. Blue light can also reduce the amount of time you spend in slow-wave and rapid-eye movement (REM) sleep, two stages of the sleep cycle that are vital for cognitive functioning.

Children are particularly vulnerable to sleep problems stemming from electronic devices that emit blue light. Numerous studies have established a link between using devices with screens before bed and increases in sleep latency, or the amount of time it takes someone to fall asleep. Additionally, children who use these devices at night often do not receive enough high-quality sleep and are more likely to feel tired the next day.

Certain types of household lighting can also affect melatonin production at night. One study found that bright bedroom lighting can decrease the nocturnal production of melatonin by as much as 90 minutes compared to dim lighting.



Unlike blue light, red, yellow, and orange light have little to no effect on your circadian rhythm. Dim light with one of these colors is considered optimal for nighttime reading. Portable e-readers like the Kindle and Nook emit blue light, but not to the same extent as other electronic devices. If you prefer to use an e-reader such as a Kindle or Nook, dim the display as much as possible.

### Tips for Using Technology at Night

We recommend avoiding computers, smartphones, and other blue light-emitting devices in the hours leading up to bedtime. However, this may not be an option for certain people, such as those who work or study at night. If you need to use one of these devices in the evening, the following strategies can help you sleep longer and better.

- **Decrease Your Daytime and Nighttime Electronics Use:** Using electronic devices for long periods during the day can negatively impact sleep too, especially among adolescents. Common effects include shorter sleep duration, longer sleep onset, and more sleep deficiency. Talk to your family about excessive electronics exposure and, if need be, impose restrictions on their daily use.
- **Establish a Relaxing Bedtime Routine:** A regular bedtime that ensures an adequate amount of rest is essential for healthy sleep. The hour before bed should consist of relaxing activities that don't involve devices with screens.
- **Make Your Bedroom a Screen-Free Zone:** While a lot of people prefer to keep a television in their bedroom, watching TV before bed is generally discouraged due to the negative effect it can have on your sleep. In fact, we recommend removing all of your electronic devices from your bedroom – and encourage your kids to do the same.
- **Keep the Bedroom Lights Dim:** Light intensity is measured in a unit known as lux. Some studies have shown that normal indoor light levels of 100 lux or more can suppress melatonin production and interfere with your sleep-wake schedule. Dimmer indoor lighting affects your melatonin production to a much lesser extent.
- **Use Nighttime Mode:** Many cell phones, tablets, and other portable electronic devices are equipped with a “nighttime mode” that is easier on the eyes before bed. As one study noted, the most effective nighttime modes reduce blue light emissions and decrease the display's brightness setting. You should manually dim the display if your device does not automatically adjust the brightness in nighttime mode.
- **Invest in Some “Blue Blocker” Glasses:** You can purchase orange-tinted eyeglasses specifically designed to shield your eyes from blue light emissions. This may not be ideal, especially if you don't like wearing glasses, but some studies have found them to be very effective. Blue light blocking glasses are relatively inexpensive, and you should be able to find a decent pair for less than \$100.



### Closing

Using phones, TVs, tablets, and other electronics right before bed doesn't just make it harder to fall asleep, it also reduces the quality of the sleep we do get. That means our brains aren't getting the full rest and recovery needed for memory, decision-making, reaction time, and focus. When we show up to work the next day tired, it affects how safely and effectively we work. Tasks take longer, mistakes happen more easily, and our awareness drops, which increases the risk of accidents and injuries.

## ANNOUNCING OUR WALKTOBER WINNERS

Congratulations to our Top 5 Walktober Finishers! Together, participants walked more than 16,000 miles in October—enough to reach Yellowstone! Thank you to everyone who joined in the fun and friendly competition.



1st Place:  
Will Wainwright

2nd Place:  
Chris Stoffer

3rd Place:  
Judy Jones

4th Place:  
Crystal Sanchez

5th Place:  
John Huotari

• Total Steps:  
1,006,158

• Total Steps:  
714,853

• Total Steps:  
658,572

• Total Steps:  
656,897

• Total Steps:  
624,282

• Total Distance:  
457.34 miles

• Total Distance:  
324.93 miles

• Total Distance:  
299.35 miles

• Total Distance:  
298.59 miles

• Total Distance:  
283.76 miles