

Wire U Smiling?

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Special points of interest:

- Catching enough Zzz's ?
- Help us spread the word with a Yelp or Google Review
- Did you know ... ortho benefits and toothbrushes
- Napa Cabbage Salad Recipe
- Community Service Challenge

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The importance of catching enough Zzz's

Many people aren't getting enough sleep. In fact, the CDC has identified it as a public health epidemic. While most sources say adults need 7-9 hours, a full 37% of us are sleeping less than 7 hours. But it's not just how much sleep you get, but the quality of your sleep as well.

Here are *five ways* to improve your sleep:

Eliminate caffeine 6 hours prior to sleep. Most people underestimate the 5-6 hour duration of caffeine's impact on the nervous system. So even if you don't physically feel the awakening buzz, your body still does and will inhibit your sleep.

Develop a regular sleep schedule. Your body has a natural circadian rhythm. When we go to sleep and awaken at different times, it leaves you feeling tired. Try to maintain your regular sleep schedule.

Limit use of electronic devices two hours prior to sleep. When the sun goes down, your body naturally begins to produce melatonin—a hormone that tells the body that it's time to sleep. However, a certain wavelength of light known as "blue" light suppresses melatonin. Blue light is emitted by devices such as TVs, computer screens and cell phones. So when you're staring at a screen after sunset, you're setting yourself up for a less-than-optimal night of sleep.

Cold showers. Your body temperature is a key factor in getting a good night's sleep. When we take a warm shower close to bed, we raise our body temperature, which naturally falls around 10 p.m. If your body temperature is too warm, sleep is fitful.

Sleep with your phone on airplane mode. Many use their cell phone as an alarm to wake up. But if you aren't in airplane mode, the wireless signal is still active. This wireless signal gives off an electromagnetic field (EMF). Research suggests EMFs can disrupt certain physiologic processes which prevent people from reaching deep sleep which is critical to allowing our body's cells and our brain to repair itself.

Patient RALLY at the Water PARK ...



We love to celebrate our patients AND help pay it forward. Once again, we are taking over the Antioch Water Park to show our appreciation to our patients and their families. Mark your calendar for our Sheffield

Ortho Family & Friends PRIVATE event on May 29 from 2:30—5:00pm. We are also collecting gently USED coats for the less fortunate in our community. So, CLEAN out those closets, and RSVP if you haven't already done so. We

want to have plenty of FUN and hotdogs to SHARE for snacks.



Contest Corner

SHAMROCK SHENANIGANS.

Congratulations to KYLIE, who was one of the LUCKY winners of our iSpy Shamrock contest. Winners received COOL SPOT gift cards. Be on the look out for our next office contest ... it may involve bringing our PETS to the office.



Mother's Day Appreciation

We hope all of our patients with appointments in our offices the week before Mother's Day remembered to take a ROSE to give to mom. Moms are the original UBER, iCalendar, and GLUE that keeps our families humming. Thanks to all the MOMs and MOTHER mentors that keep us moving.



We have a special shout out for DADs next month. Be on the look-out for our Father's Day contest.

Yelp and Google Reviews.

We are always trying to keep our on line presence current and helpful. The days of yellow pages and dentist referrals are going the way of the dinosaur. HELP our OFFICE and others in the COMMUNITY find us by leaving your feedback. Google, Yelp, wherever YOU would look, we know OTHERS are looking too. Thank you for your confidence in us!



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Sheffield Orthodontics—

BIG Fans of our SCHOOLS

As many of you know, giving back to the community is one of our CORE VALUES. We love to support, celebrate and socialize with our families. FUNdraising is hard work, and we are glad to help. As the end of the school year winds down, it is important to thank those who go the extra mile for our students.

Rocio and Lina were proud to represent Sheffield Ortho at the Bristow LUAU. We know how important it is to raise MONEY for our schools.

Thanks to the Parent Associations and parents who do SO much to make a difference. We LOVE your SMILES.



Did you know ... Ortho benefits and toothbrushes

FUN FACT ...

While Orthodontic Benefits are a LIFETIME benefit (unlike most other general dental benefits that can reset on an annual basis) ... IF you change employers during treatment, and get NEW benefits, we are happy to try to collect additional benefits on your behalf. These are considered "work in pro-

cess" claims, and MAY provide you with additional benefits to apply to your treatment. So, if you have changed employers while still in treatment, feel free to call our office, and we can check to see if additional benefits are in your future. Be sure to have the new plan, subscriber, and other needed information to allow our financial coordinator to check this out.

DID YOU KNOW ... there are

7 BILLION people on Earth

5.1 BILLION own a cell phone

4.2 BILLION own a toothbrush.

So, count your blessings and keep brushing.



Wacky Wednesdays ...

While we always encourage patients to wear their Sheffield Orthodontics shirts to their appointments, the added bonus of the Wacky Wednesday brings this tradition (and POINTS) to a whole new level.

We love it when patients celebrate with us. In March, it was a wild WESTERN kinda day. In April we

made it the happiest place on earth and came in our best DISNEY gear. Looking ahead to May 22, we are going to bring our ALOHA with Hawaiian day.

You know the drill, show us YOUR stuff, and earn EXTRA Sheffield Points while you are at it! See you soon!



Summer Salad Recipe — Napa Cabbage Salad

The best summer recipes are those that can be prepared ahead of time and thrown together. This lets you enjoy family and friends, and not spend the day in the kitchen. But of course, the recipe must be so tasty that everyone keeps coming back for more—or better yet, asks you to bring that special salad to the next gathering. Of course, you are happy to oblige since it was so EASY to whip together the first time, and can be DOUBLED and TRIPLED with an ingredient list that doesn't require an expedition through all the rows in the grocery store to gather the fixings. Here is one of my favorites from [www. Allrecipes.com](http://www.Allrecipes.com) ... but trust me, you will want to DOUBLE it.

Napa Cabbage Salad

10 oz bag *angel hair* cut cabbage

1 bunch sliced green onions

1/4 cup butter

1 package ramen noodles—broken

2 TBL sesame seeds

1 cup slivered almonds

1/2 cup sugar

1/4 cup apple cider vinegar

3/4 cup vegetable oil

2 TBL soy sauce.

1. Combine cabbage and green onions in medium bowl. Refrigerate until ready to eat.

2. Melt butter in saucepan. Add broken ramen noodles, sesame seeds, almonds. Stir to coat.
3. Spread ramen mixture on foil lined cookie sheet. Bake at 350 for 15 min. Stir until mixture turns golden brown. Turn mixture onto paper towels to absorb extra butter.
4. In saucepan, combine sugar, vinegar, oil, and soy sauce. Heat to boiling. Let simmer for 1 minute. Remove from stove to cool to room temp. (refer to easy/early prep)
5. When ready, toss the cabbage with the ramen. Add dressing to your liking (less is better). Enjoy!

Sheffield Orthodontics ... Community Service Challenge



One for US, and one for YOU.

Since 2011, Dr Sheffield has been providing orthodontic scholarships under the Smile for a Lifetime national foundation. With almost 100 scholarships awarded to date to kids in our community, Dr Rob has decided that this summer he will create his own non-profit to deliver the same amazing smiles and scholarships to kids

without the fees the national foundation wants to collect. Dr Rob and his team are excited to continue to serve our community, under a new entity.

This fall our team is going to pay it forward at the Spirited Sanctuary Carnival in October. As a lead up to our team community service day in October, we are asking our patients to help raise funds by

VOTING who on our team will be kissing a PIG at the Sanctuary. We will have jars to collect your \$1 donations. You can vote as often as you like ... All proceeds will go to the Sanctuary, and Dr Rob will match the donations. Voting runs June 1 to Sept 3

S.W.A.K.™



Upcoming Events



We know how busy our patients' schedules are. We hope you will keep us in your plans this summer...

Wacky Wednesday: Our next Wacky Wednesday will bring our ALOHA and love our Hawaiian vibe - May 22.

Everyone in the POOL. Patient Ap-

preciation Rally at Antioch Water Park is on May 29 from 2:30-5:00pm. Have you RSVP'd?

Sheffield Orthodontic Scholarships. During the next 6 months, Dr Rob will award our 100th orthodontic scholarship. We are always looking for applicants and advocates. Can you help us find our next scholar-

ship recipient? We appreciate your help. One good deed can make a difference for MANY.

Referral Contest. Refer a friend, and get your name entered into our contest. Winner chooses from a \$500 Visa gift card or iPad. Drawings are every June and December. Keep those referrals coming!

100th

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Changing lives one smile at a time.

Have you been to our website?

www.sheffieldortho.com

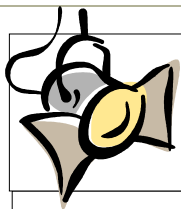
Dr. Robert Sheffield has been practicing in East Contra Costa County for over 20 years. He and his team pride themselves in helping each patient achieve their own best smile. Dr. Sheffield does not believe one size fits all, and strives to treat every patient as he has treated his own kids and family members. We are committed to continuous learning and bring the best technology and techniques to our patients. But at the end of the day, our true passion is seeing each smiling face that walks in and out of our office.

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Summer Road Trip with Sheffield Ortho



This summer we want to travel with you both near and far. We would love to see the many places our Sheffield Shirts can visit. During the months of June and July, be sure to post a picture of you in your favorite summer location rocking your SO shirts. Be sure to tag us on Instagram and/or post the photo on our Facebook wall. We will draw a winner from both Facebook and Instagram entries. Winners will receive their own \$50 Sheffield Ortho VISA gift card. What a perfect way to end the summer.

So dream big, and travel safe both near and far. Just be sure to take us with you.

****no dangerous photos please, this is a FAMILY friendly contest. ****



Smile for a Lifetime (S4L) is a national non-profit foundation that brings orthodontic treatment to disadvantaged members of the community. Sheffield Orthodontics has been pleased to be part of this incredible organization from 2011 through 2019. We have enlisted an amazing board of directors to review applications and select scholarship recipients.

We will continue to serve our community with our time and talents, just in a more local way. If you know a child who could benefit from this gift, an application for our local non-profit can be obtained on our website.

We believe that supporting a culture of giving can be a force for good in our community. What talents can you share?