



# ARBOR FARMS MARKET

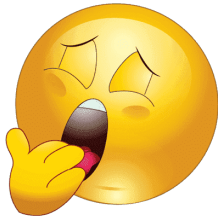
2103 West Stadium - Boulevard Plaza  
Ann Arbor - 734-996-8111 - arborfarms.com

## Our March 2026 Newsletter for Healthy Living

### Feeling Sleepy?

**S**leep sits at the center of longevity in a way many people underestimate. Large-scale population data show that how long you sleep predicts how long you live — often more strongly than diet, exercise, or social factors. When researchers compared major lifestyle risks side by side, short sleep emerged as one of the strongest drivers of early death, second only to smoking.

This means sleep loss isn't a minor lifestyle flaw. It functions as a biological stressor that quietly reshapes how your body ages. When sleep is consistently shortened, your body spends less time repairing tissue, regulating hormones, and restoring cellular energy. Over time, this shifts your body toward faster aging, reduced resilience, and lower tolerance for stress — even in people who otherwise appear healthy.



In terms of health priorities, sleep is not something you "fit in" after diet and exercise are handled. It's the biological process that allows every other health strategy to work. To understand why sleep carries so much weight, it helps to look closely at what the data actually reveal about how sleep loss affects your body over time.

A large study published in *Sleep Advances* looked at sleep patterns and life expectancy across 3,141 U.S. counties using U.S. Centers for Disease

Control and Prevention data collected between 2019 and 2025. The researchers wanted to know whether sleep length alone could explain why some regions live longer than others. What they found was striking: people who regularly slept fewer than seven hours consistently lived shorter lives, even when other major health factors were taken into account. Counties with higher rates of

diabetes. The association between short sleep and early death remained strong. This shows that sleep loss creates its own biological strain rather than simply tagging along with other chronic conditions.

**Even small sleep losses added up —** The data showed that modest reductions in sleep duration were linked to measurable drops in life expectancy. This

*"Sleep is the biological process that allows every other health strategy to work."*

short sleep had lower life expectancy year after year. This held true across rural and urban areas, wealthy and low-income regions, and places with very different access to health care. In other words, sleep deprivation was not just a lifestyle issue tied to stress or poverty. It showed up as a biological risk factor across the entire population.

**Sleep emerged as one of the strongest predictors of how long you live —**

When researchers compared major lifestyle risks, sleep deprivation consistently ranked among the strongest predictors of early death. It rivaled obesity and surpassed physical inactivity and socioeconomic factors, placing sleep alongside smoking as a dominant influence on lifespan. The data suggest that insufficient sleep acts as a primary driver of mortality, independent of other healthy habits like exercise and diet.

**Sleep still mattered even after accounting for obesity and diabetes —**

To rule out the idea that short sleep was just a side effect of metabolic disease, the researchers adjusted for obesity and

means you don't need to be severely sleep deprived to pay a price. Repeated nights under seven hours slowly erode long-term health. The same pattern appeared across different demographics, regions, and income levels. That means sleep deprivation acts as a universal stressor on the human body. It doesn't spare people who otherwise live "healthy" lives, and it doesn't only affect those already struggling with illness.

This wasn't a snapshot either — it tracked change over time. The researchers followed trends across multiple years, not just a single moment. Counties where sleep duration declined also saw life expectancy fall. Places where sleep stayed more stable fared better. That pattern strengthens the case that sleep loss actively drives shorter lifespan rather than simply reflecting poor health.

**Many people underestimate how much sleep the body actually needs —**

In this study, everyone who reported sleeping seven hours or more was

Continued on page 3

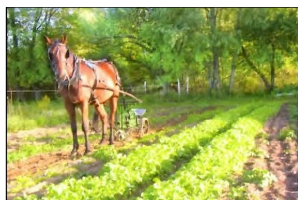
### What's Inside This Issue

- 2026 Organic Produce Club Info
- Organic Produce Club Subscription
- Feeling Sleepy?, *continued*
- March Monthly Coupon

---

# 2026 Organic Produce Club

## Michigan Organic Family Farms



### Farming Practices

Healthy food starts with promoting life in the soil. Our growers are certified organic. Every year these farms are inspected by a third party and certified in compliance with National Organic Program Standards. This is to assure you that no harmful chemicals, pesticides or genetically-modified organism (GMO) seeds are used in the production of your food. In the rare circumstance that an item in your box is not certified organic, we will include details and an explanation.

### About Our Club

By joining our club, you become a patron of organically-grown produce. Our CSA/club has supported small Michigan family farms for over 10 years. In doing so, we have seen that the unpredictability of the seasons can significantly impact the variety, quality and value of the boxes. Simultaneously, weather variations and the availability of farm help (or not) can create problems for a single farm(er). To provide more value and variety in your weekly box, we will be working with several Michigan family farms in the 2026 season. These will include the growers from previous years: Green Valley Organics; Joyful Harvest: Pleasant Lane Farm, and Homer Organic Family Farms. You will find a weekly update in your box with info about the harvest.

### What are the benefits?

By subscribing to our club you are supporting Michigan Organic family farms. Not only are members getting the freshest food, but they are also using their dollars to assist and ensure that these farms remain “certified organic”. In appreciation of your patronage, you also receive: a **10% discount on any “in-store” produce purchases, any day**, for the duration of the season (June 17 - October 3); your choice of three different pickup days, and a pickup location that is super-convenient. Grab and run or choose to shop a well-stocked grocery while you’re here.

### What might I see in my weekly box?

#### Early Season: June - mid-July

Asparagus,  
Leaf Lettuce,  
Swiss Chard,  
Kale varieties,  
Collards,  
Zucchini,  
Peas: Snap and Shell,  
Salad Greens,  
Rhubarb  
Strawberries

#### Summer Season: July/August

Lettuce, Broccoli, Cabbage,  
Cauliflower, Radishes, Beans,  
Zucchini, Cucumbers,  
Hot Peppers, Garlic,  
Carrots, Peas, Tomatoes,  
Sweet Potatoes, Basil, Garlic,  
Kale, Potatoes, Green Onions,  
Sweet Corn, Onions, Beets,  
Summer Squash, Watermelon,  
Blueberries

#### Late Season: September

Any remaining  
summer crops,  
Red Peppers,  
Hard Squash,  
Spinach, Pie Pumpkin,  
Late Greens, Turnips,  
Eggplant, Parsnips,  
Cabbage, Brussels  
Sprouts, Watermelon,  
Cantaloupe

**Enroll now through May 31st**

**Be a Patron of Organic Produce**

---

## Feeling Sleepy? *continued from page 1*

grouped together, even though excessive sleep is known to carry its own health risks.

Because long sleepers were included in the "adequate sleep" category, the true impact of short sleep on early death was likely diluted rather than ex-

aggerated the findings, and means the real risk tied to short sleep could be even greater than the data show. If researchers had been able to separate long sleepers from those getting truly restorative amounts of sleep, the contrast between insufficient sleep and longevity would likely have been even stronger.

**These findings explain why sleep repair matters at the cellular level** — By showing that short sleep shortens life independent of other risks, the study sets the stage for understanding how sleep supports cellular energy, metabolic stability, and long-term resilience. Sleep is not just recovery from the day. It's one of the foundations of survival itself. Because the relationship held after controlling for income, education, and health care access, the data point toward biological and environmental pressures rather than personal discipline.

Sleep deprivation functions more like a public health exposure than a lifestyle preference. Fewer than 1 in 100 adults efficiently switch between fuel sources without stress. For the rest, impaired metabolism means the body needs more time each night to repair cellular damage, reset hormones, and restore energy. That is why the seven-hour nightly sleep threshold applies to almost everyone.

**Poor metabolic health increases your sleep requirement** — When insulin signaling stays elevated and mitochondria struggle to produce energy efficiently, your body relies on longer sleep to compensate. Sleep becomes a recovery tool rather than a passive state, which raises your minimum sleep need.

**True metabolic resilience changes the equation, but it's rare** — A small subset of people with excellent metabolic health function well on closer to five hours of actual sleep. That level of resilience reflects highly efficient energy production, stable blood sugar, and low systemic stress.

**Most people overestimate how much they actually sleep** — Sleeping for six hours does not equal six hours of real sleep. With normal awakenings and light sleep cycles, most people only achieve

80% to 85% sleep efficiency. That means six hours in bed often equals closer to five hours of true rest.

**Until metabolic health is restored, the standard guideline is protective** — For most people, aiming for at least seven hours of real sleep remains the safest

target. Anything less forces your body to borrow energy from tomorrow, accelerating wear on systems that already struggle to keep up.

When sleep becomes irregular or difficult to sustain, the cause is rarely motivation or self-control. It's almost always a signaling issue. Your brain needs clear biological cues that tell it when to be alert and when to shut down. When those cues get scrambled, sleep quality collapses. The goal here is not forcing sleep, but restoring the conditions that allow it to happen naturally and deeply.

**Anchor your circadian rhythm with morning light exposure** — The first signal your body uses to set its internal clock is light, not sleep itself. Getting outdoor light within 30 minutes of waking tells your brain that the day has begun, which starts a hormonal countdown toward nighttime sleep.

This early light suppresses melatonin in the morning and allows it to rise properly later in the evening. Without this signal, your body drifts into circadian confusion, making it harder to fall asleep and stay asleep. Even on cloudy days, outdoor light is far more powerful than indoor lighting, so stepping outside for several minutes is one of the most effective ways to stabilize sleep timing.

**Eliminate artificial light exposure after sunset** — Your brain reads bright light at night as a message to stay alert. Phones, TVs, overhead LEDs, and bright lamps suppress melatonin and delay sleep onset. This keeps your nervous system in daytime mode long after your body wants to shut down.

Switching to dim, warm lighting in the evening helps your brain recognize that night has arrived. Red or amber bulbs work best because they don't interfere with melatonin production. This simple shift often shortens the time it takes to fall asleep and reduces nighttime awakenings. **Create total darkness in your sleep environment** —

Even small amounts of light during the night keep parts of your brain alert. Streetlights, digital clocks, and hallway

glow subtly signal danger or activity, which fragments sleep cycles. Darkness tells your nervous system it's safe to fully disengage. Blackout curtains, a sleep mask, and removing glowing electronics all help deepen sleep. When your room is truly dark, your body produces more melatonin and maintains deeper, more stable sleep throughout the night.

**Support your body with proper sleep**

### Michigan Grass-fed Beef:

*Humanely-raised on  
small family farms and  
fresh-cut at  
Arbor Farms*



**Take 15% off on  
Thrifty Thursdays  
in March**

**posture** — Physical discomfort quietly disrupts sleep even when you don't fully wake up. Poor neck or spinal alignment creates low-level stress that keeps your nervous system partially activated. This interferes with deep sleep and prevents full overnight recovery. A proper pillow that supports the natural curve of your neck and keeps your spine neutral reduces muscular tension and allows your body to relax completely. When your body feels supported, your brain no longer needs to stay alert for discomfort.

**Build a consistent wind-down routine that signals safety** — Your nervous system responds to patterns. When evenings are chaotic or overstimulating, your body stays on alert. A predictable wind-down routine teaches your brain that the day is ending. Finishing meals several hours before bed, lowering bedroom temperature, and shifting to calm activities like reading or stretching all reinforce this message. Writing down lingering thoughts before bed also helps prevent mental looping. Repeating the same sequence each night trains your system to enter sleep mode automatically, making rest deeper and more reliable.



# ARBOR FARMS MARKET

PRSRT STD  
US POSTAGE  
PAID  
ANN ARBOR MI  
PERMIT NO 150

2103 West Stadium - Boulevard Plaza  
Ann Arbor - 734-996-8111 - arborfarms.com

## \$2 OFF

your next purchase  
of **\$20 or more** at  
**Arbor Farms Market.**

Limit one coupon per visit. No cash value.  
Valid through 3/31/2026

## 2026 Organic Produce Club Michigan Organic Farms

**Duration: 16 weeks/  
June 17 - October 3**

**Cost: \$550**

**Share Size: 1/2 Bushel box**  
(2-person size, about 7-8 lbs  
will vary w/ seasonal contents)

### Subscriber Information

Name(s) \_\_\_\_\_

Phone # \_\_\_\_\_

Address \_\_\_\_\_

Phone # \_\_\_\_\_

City/Zip \_\_\_\_\_

E-mail \_\_\_\_\_

**Choose your Pickup Time:** (circle one)

**Wednesdays @ 7:30AM**    or    **Thursdays @ 2:30PM**    or    **Saturdays @ 7:30AM**

Boxes are clearly marked with surname of subscriber and are placed on the dedicated pickup rack adjacent to the main entrance, outside the store under our canopy. **You will be able to park, pick up your box, and be on your way in as little as 60 seconds!** Boxes not picked up within 36 hours will be donated to Food Gatherers. If you will be unable to make your pickup, please e-mail [info@arborfarms.com](mailto:info@arborfarms.com) the week prior to change your day. You may also gift your box to a neighbor or friend willing to pick it up. E-mail [info@arborfarms.com](mailto:info@arborfarms.com) with questions.

**Choose your Payment Schedule:** (circle one)    **Please make checks payable to Arbor Farms**

\$550 paid in full

\$275 now, remaining \$250 by May 31st