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Alabama's state bird is the Northern Flicker, which belongs to the woodpecker family. Did you know that woodpeckers symbolize awareness, progress, determination, and strong rhythms? Here are five New Year's resolutions tied to sleep that are inspired by our state bird. We hope you'll take each into consideration as you shape your goals for 2018!

- 1 | Kick drowsy driving to the curb in 2018.**
We love our cars in Alabama! Let's make a plan that includes driving only when we are well rested.

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- 2 | Prioritize sleep for better cardiovascular health.**
If we improve our sleep, we can prevent high blood pressure, heart disease, stroke, and arrhythmias.

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- 3 | Trade opioid medications for safer alternatives.**
Using opioids creates troubling sleep problems. Try alternative methods for managing your pain.

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- 4 | Know your chronotype.***
Understanding your sleep-wake rhythms can better inform decisions and habits from sunrise to sunset.

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- 5 | CPAP USERS: Make a power outage backup plan.**
Don't let tornadoes, electrical storms, or hurricanes deprive you of therapy when you most need it.

HAPPY NEW YEAR FROM ADVANCED CARDIOVASCULAR SLEEP DISORDERS CENTER!

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