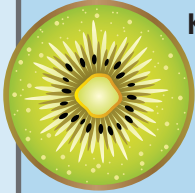


May is Better Sleep Month!

EAT THIS: SLEEP BETTER



KIWI could be the ultimate pre-bed treat. Studies show people who ate two kiwis an hour before bed, slept almost a full hour longer than those who didn't. Kiwis are full of vitamins C and E, serotonin and folate - all can help you get your zzz's.

SOYFOODS such as tofu and edamame are rich in isoflavones, which increase the production of serotonin. Those who ate two or more servings of soy a day slept longer and reported a better quality of sleep.

FIBER-RICH FOODS could be key for sleeping better. Fiber prevents a surge in blood sugars that may lower melatonin. Get a boost of fiber from artichokes, quinoa, and bran cereal.

Are pets ok in bed?

Many people let their pets sleep with them. Whether your cat or dog hurts or helps your sleep depends on your pet's temperament, there is no definitive rule. There are some other things to consider, too. Make sure your pets are up to date on their vaccines. Some diseases can be passed from pets to people. Also, good grooming can help keep you from getting things like poison ivy from your pet. From a behavioral perspective, pets should only be allowed on the bed by invitation.

WOMEN WHO REPORT BETTER SLEEP WERE **33% MORE LIKELY TO HIT THEIR WEIGHT LOSS GOALS.**

CHECK OUT THIS AWESOME PRODUCT WE'VE BEEN USING TO HELP US GET OUR ZZZ'S!

CALM AME-1 NATURAL SUPPLEMENT

Amanita Muscaria mushroom extract



Drift into dreamland with a shroom that puts you to sleep without the high. Formulated to deliver a warm fuzzy feeling of relaxation to help you doze off and wake up feeling recharged.

- Enjoyable light "buzz" w/no hangover
 - Results after first use
 - May promote dreaming

SLEEP & MENTAL HEALTH

50 to 70 million adults in the United States alone suffer from sleep disorders like insomnia, hypersomnia, sleep apnea, and narcolepsy. Insomnia is the most common sleep disorder, with 30% of adults experiencing short-term insomnia. About 10% of people have long-lasting insomnia.

75% of depressed people show signs of insomnia. Nearly half of young adults with diagnosed depression also suffer from sleep issues

56% of US residents suffered from sleep problems in 2021; nearly a third of participants were classified as having insomnia.

66.4 MILLION people in the United States suffer from anxiety, with twice as many women as men

450 MILLION people worldwide suffer from mental health issues.

ANXIETY

Excessive night-time worry can create a negative feedback loop that can trigger sleeplessness. Anxiety can make these loops worse, and cause distressing dreams.



DEPRESSION

There is a clear bidirectional relationship connecting sleep and depression. Studies have shown that treating sleep problems can **PREVENT** depression.

Suicidal Ideation

Poor sleep has been linked to an increased risk of suicidal ideation and behavior. Studies have found that individuals with insomnia are more likely to report suicidal thoughts and suicide attempts.

TRAUMA

One of the first signs of PTSD is sleep disturbances which can include insomnia, nightmares and fractured REM sleep. Studies have shown that behavioral therapies are **more** effective than medication for PTSD.

WHAT YOU CAN DO:

- **Make your bedroom sleep friendly.** Sleep in a cool, quiet, dark place. Avoid TV or electronic devices, as the light from these sources can disrupt your sleep-wake cycle.
- **Go to sleep** and wake up around the same time each day, even on the weekends.
- **Avoid caffeine, nicotine, and alcohol** close to your bedtime. Although alcohol can make it easier to fall asleep, it can cause you to have a sleep that tends to be lighter than normal. This makes it more likely that you will wake up during the night.
- **Get regular physical activity during the daytime,** at least 5 to 6 hours before going to bed. Exercising close to bedtime can make it harder to fall asleep. Avoid naps, especially in the afternoon. This may help you sleep longer at night. Eat meals on a regular schedule and avoid late-night dinners.
- **Manage stress.** Follow a routine that helps you wind down and relax before bed. I.E. read a book, listen to soothing music, or take a hot bath. Your doctor may also recommend massage therapy, meditation, or yoga to help you relax.
- **Acupuncture** may also help improve insomnia, especially in older adults.
- **Avoid certain over-the-counter and prescription medicines** that can disrupt sleep (i.e., cold and allergy medicines).