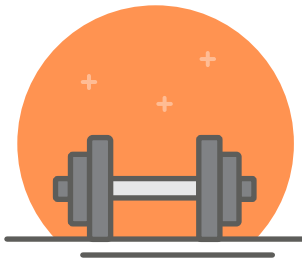




6 Tips for Better Sleep



Sleep deprivation can lead to physical and mental health issues, weaken our immune system, and even cause other issues such as dementia and falls. Check out these top tips to help you get your best night's sleep, stay energized, and support your well-being.



1. Get Physical:

Daily exercise promotes better sleep



2. Watch Your Caffeine:

Don't drink anything with caffeine after 2 pm



3. Limit the Drinks:

Limit your alcohol use before bed. It can disrupt your sleep cycle, so it is best to keep to a minimum.



4. Soak Up the Sun:

Getting a daily dose of natural light will help your body naturally normalize your circadian rhythm and help tell your body when it's time for bed.



5. Turn Off Your TV:

Try to avoid looking at your TV, phone, or tablet at least 30 minutes before you go to bed.



6. Wind down:

30 minutes before bed lower the lights, read, meditate, listen to relaxing music or do some low-impact stretching. This will send signals to your body to start getting ready to sleep.

For more information, please contact VRI at:

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