



TIP OF THE MONTH

How to Start Sleeping Better

Nutrition and exercise are important for maintaining a healthy lifestyle, but sleep is just as important. We're going to look at why sleep is important and how to sleep better at night. The National Sleep Foundation Recommends 7-9 hours for adults 16-64 and 7-8 hours for adults 65 and older. Teens need even more sleep with a recommended 8-10 hours nightly.

The general benefits of getting a good night sleep:

- Having a restful night of sleep is physically restorative, allowing tissues to heal and grow. Energy is also replenished for the next day's needs.
- Sleep impacts mental health as well, reducing stress and anxiety. Additionally, sleep helps regulate emotions. In fact, a lack of sleep has been tied to depression.
- Improved decision making and alertness.
- Poor sleep habits in athletes increase the probability of fatigue, low energy levels, and reduces coordination and focus.

Find out how well you prepare your body for sleep each night by completing a [Sleep Hygiene Test \(SHI\)](#). According to the National Sleep Foundation, sleep hygiene is a "variety of different practices and habits that are necessary to have good nighttime sleep quality and full daytime alertness."

So how can you Improve your sleep quality?

- Avoid screened devices for at least 30 minutes before you go to bed.
- Get in a routine. If you are not sleeping the recommended duration, try going to bed 10-15 minutes earlier each week.
- Add exercise to your daily routine.
- Avoid taking naps in the afternoon.

Sleep positions are also important.

There is no one sleeping position that works for everyone. We all have different body types, preferences, and needs. While most people are fetal or side sleepers, others are die hard stomach sleepers. For more information on the advantages and disadvantages of different sleeping positions [click here](#). If you have trouble sleeping due to pain, or if you are waking up each morning with pain please reach out to us. We can educate you on the best positions for your body or condition so that you can get some rest and wake up feeling refreshed!



Featured Article: [Your Health is our Top Priority](#)

We are taking necessary precautions to prevent the spread of these viruses and encouraging everyone to take actions to stay healthy. [More...](#)



Call today to ask us how we can help you get back to enjoying the activities that are important to you!



"Tough times never last, but tough people do"

— Robert H. Schuller

TELL A FRIEND

The greatest compliment we can receive is for our patients to tell their friends and family about their positive experience with us. If you know someone who is experiencing pain or limitations and you believe they could benefit from therapy, please tell them about us.

We will ensure that they will receive great care and have a positive therapy experience with us!

A RECIPE FOR YOU

Zucchini Bread

Sometimes you just need some feel-good food and this happens to be one of our favorites. It's so good, and it makes two loaves so you can share one in a socially distant responsible way.



INGREDIENTS

- 3 cups of flour
- 1 tsp salt
- 1 tsp baking soda
- 3 tsp cinnamon
- 3 eggs
- 1/2 cup of vegetable oil
- 1/2 cup of unsweetened apple sauce
- 1 cup of white sugar
- 1 cup of brown sugar
- 3 tsp vanilla extract
- 3 zucchini's peeled and grated

DIRECTIONS

1. Preheat the oven to 325° and spray 2 bread loaf pans
2. Add your dry ingredients and mix together in a bowl
3. Mix your wet ingredients and the sugar into a large bowl mixing thoroughly
4. Slowly mix in the dry ingredients until combined
5. Gently fold in the grated zucchini
6. Pour evenly into your cake pans and bake for 40-60 minutes. Let cool and enjoy!