

# SAND RUN PHARMACY

MARCH 2024

## Understanding Good Sleep Hygiene

Quality sleep is essential for your physical and mental health. Poor sleep habits can lead to a range of issues, including increased stress, decreased cognitive function, and a weakened immune system. By practicing good sleep hygiene, you can improve the quality of your sleep and enjoy the numerous benefits it offers.



### Tips for Better Sleep:



**1. Maintain a Consistent Sleep Schedule:** Try to go to bed and wake up at the same time every day, even on weekends. This helps regulate your body's internal clock and promotes better sleep.

**2. Create a Relaxing Bedtime Routine:** Establish a calming bedtime routine to signal to your body that it's time to wind down. This can include activities like reading, taking a warm bath, or practicing relaxation techniques such as deep breathing or meditation.

**3. Optimize Your Sleep Environment:** Make sure your bedroom is conducive to sleep by keeping it cool, dark, and quiet. Invest in a comfortable mattress and pillows that support proper alignment of the spine. Limit exposure to screens before bedtime, as the blue light emitted from devices can disrupt your natural sleep-wake cycle.

**4. Mind Your Diet and Exercise:** Pay attention to your diet and exercise habits, as they can significantly impact your sleep quality. Eat a balanced diet rich in fruits, vegetables, whole grains, and lean proteins, and avoid heavy meals, caffeine, and alcohol close to bedtime. Engage in regular physical activity, as it can promote better sleep by reducing stress and promoting relaxation.

**Remember, prioritizing good sleep hygiene is essential for your overall health and well-being. If you have any questions or would like to learn more about how we can support your sleep health, don't hesitate to reach out to us.**

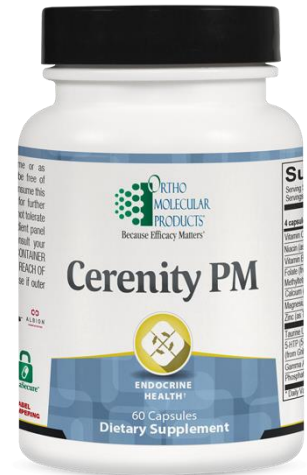


The body's circadian rhythm is regulated by an internal biological clock with an approximate 24-hour cycle. In order to maintain restorative sleep, it is crucial that the brain has optimal levels of serotonin and gamma-aminobutyric acid (GABA), the relaxing and sleep-regulating neurotransmitters, as well as the sleep-regulating hormone melatonin.

**Cerenity PM** is a comprehensive formula created for patients experiencing occasional sleeplessness. **Cerenity PM** promotes a healthy sleep cycle by naturally boosting levels of serotonin, GABA and melatonin.

- Formulated Specifically for Patients with Occasional Sleeplessness
- Promotes Calmness and Relaxation

**Suggested Use:** Take 4 capsules by mouth one to two hours before bedtime



BE THE FIRST ONE TO RETURN A COMPLETED WORD SEARCH TO WIN A PRIZE!

## Sleep Word Search

P J E A E N O H P I Q W L J J J G  
 E V P O F D F T E X T I N G J O B  
 W G V H F U E F Y S L E E P D J B  
 A I X K P C D T F D U E E O K B S  
 P O G N X J C D W P R H Y I D Q Z  
 R N Y S C R E E N S G E E B T O Z  
 A A G M G M T Q D D V P A W H X T  
 Z P O A Y V E H U Y K Q V M G W C  
 B E L D B T S L G P C V W B I S O  
 D D O R R I B H A I Y C B H L R J  
 C H N P T E A E X T L J D W E E L  
 X T H Q I G K H M S O I E P U T E  
 E I C S Y L A A B I Q N W N L U Z  
 E P E X A L E R W V T F I T B P N  
 S F T T N A I Z Z A R D W N Z M L  
 K L A N V V R E A M A D E P J O C

MELATONIN	BED TIME	TWILIGHT
SCREENS	TEXTING	READING
SLEEP	RELAX	AWAKE
DREAM	NAP	IPHONE

## Upcoming events

Daylight Savings Time

Sunday, March 10th



St. Patrick's Day



Sunday, March 17th

Easter



Sunday, March 31st

**DON'T FORGET WE NOW HAVE  
 AN APP WHERE YOU CAN  
 MANAGE YOUR MEDICATIONS,  
 SUBMIT REFILL REQUESTS OR  
 CHAT WITH US!**