



How to Get a Solid Night of Sleep



Did you know that nearly 40% of people report waking up during the middle of the night at least a few times each week? While it may seem like a normal part of your night, there are steps you can take to get a more restful night of sleep.

Here are a few things to try.

Snack smarter before bed. Protein-packed snacks can help balance blood sugar, making it easier to get to sleep.

Cut liquids early. Waking up to use the bathroom is a common reason for interrupted sleep. Try cutting drinks an hour and a half before bedtime.

Consider getting adjusted. Chronic back pain can make it difficult to find a comfortable position as you sleep. We'll build a custom care plan for you that focuses on aligning your spine naturally!

Home Office Work Tips

With more people working from home than ever before, beds, dining tables, and kitchen countertops have been taken over by computers, monitors, and other work related gadgets.

If this sounds familiar, you're likely also experiencing some recent aches and pains that may be caused by your new workstation, as it likely isn't filled with ergonomic furniture. Here are a few things to try when it comes to your home workspace.

Work in a neutral posture. That means no part of your body is twisted or awkwardly bent. You'll want to move around every hour to get your blood flowing.

Try using voice input instead of typing. Many programs have a speak-to-text function, which can give your wrists a break.

Don't work in bed. While it may seem comfy at first, it's worse than a desk and chair. Why? You'll likely have your computer sitting on your outstretched legs, which is far too low for your neck.



Tips for Taming Burnout



Since the start of the global pandemic, the World Health Organization has noted a 25% increase worldwide in feelings of anxiety, stress, and depression. While these feelings are valid and understood, experiencing them for long periods of time can lead to burnout.

As your partner in health, we care about your overall well-being. Here are a few tips for taming burnout that we hope you find helpful.

Reconnect with yourself. Take time to look at the bigger picture and refocus your efforts there. Journaling is a great way to do this.

Prevent future burnout. One of the best ways to do this is to implement boundaries to help you stay out of stressful situations.

Find support around you. Chances are, it'll be easier than you think. We bet you've got people in your life who have gone through or are going through the same thing.