



## 5 Hacks to Sleep Soundly



Struggling to get a good night's sleep? Try these hacks for better rest:

**Establish a Sleep Routine:** Stick to a consistent sleep and wake schedule. This helps regulate your body's internal clock.

**Create a Sleep-Friendly Environment:** Keep your bedroom cool, dark, and quiet.

**Practice Relaxation Techniques:**

Engage in deep breathing exercises, meditation, or progressive muscle relaxation to calm your mind before bed.

**Limit Screen Time:** Avoid exposure to blue light from electronic devices at least an hour before bedtime, as it can suppress melatonin production.

**Watch Your Diet:** Limit caffeine and heavy meals close to bedtime, as they can interfere with your sleep quality. Instead, opt for sleep-promoting foods like kiwi fruit or chamomile tea.

By incorporating these sleep hacks into your routine, you'll be on your way to a more restful and rejuvenating night's sleep.

## How Being Thankful Boosts the Brain

Practicing gratitude not only boosts your mood but also positively impacts your brain. Studies show it activates the hypothalamus, which controls essential functions like eating, sleeping, and metabolism, while stimulating the prefrontal cortex to improve decision-making, memory, and thinking.

Grateful people tend to have higher levels of positive emotions, life satisfaction, vitality, optimism and lower levels of depression and stress. Expressing gratitude induces feelings of happiness, improves sleep quality, and boosts the immune system.

Furthermore, gratitude strengthens relationships by making us feel more connected and understood by others.

By making gratitude a habit through simple practices like keeping a gratitude journal or expressing thanks regularly, you can rewire your brain for greater well-being and resilience.



## The Pros of Once-a-Week Weigh-ins



For individuals on a weight loss journey, the frequency of weigh-ins can significantly impact their mindset and overall progress. While daily weigh-ins may seem like a logical approach, there are reasons to consider once-a-week weigh-ins instead.

Firstly, weight fluctuations are natural and can be influenced by various factors, such as water retention, digestive processes, and muscle gain. By weighing yourself once a week, you minimize the impact of these temporary fluctuations and gain a more accurate representation of your progress.

Secondly, once-a-week weigh-ins can help reduce stress and obsession over minor weight changes. This approach encourages a healthier mindset, allowing you to focus on sustainable lifestyle changes rather than becoming fixated on short-term numerical variations.

Weekly weigh-ins offer consistency, making it easier to track progress and celebrate milestones. This routine can encourage a healthier relationship with the scale and support balanced weight management.