



## Tranquil Tuesday: Protect Your Sleep, Protect Your Health

### Sleep is Essential

Sleep is not a luxury — it's one of the most powerful tools we have for health. Without it, weight management is harder, blood pressure rises, and mood is difficult to regulate. Today's focus is on creating a better sleep routine, beginning with a simple shift: **powering down**. Turning off screens at least 30 minutes before bed protects your body's natural rhythms and gives your brain the chance to settle into rest mode. Use that time for something quiet — gentle stretching, reading, or simply sitting in stillness.

### The Role of Yoga Nidra

One practice especially effective for sleep is **yoga nidra**, or “yogic sleep.” Research shows it improves sleep quality, lowers nighttime awakenings, and helps regulate blood sugar, gut health, memory, and even long-term brain health. In a workplace like ours — full of meetings, projects, and deadlines — **better sleep translates into sharper focus during the day**. At home, it means more patience, steadier energy, and better protection against long-term risks like dementia.

### Practice in Community

Relaxation is easier to learn together. Join us for **Tranquil Tuesday** in the 1<sup>st</sup> Floor Wellness Clinic from **12:30–12:45 p.m.**, where we'll practice yoga nidra as a group. No mats or special clothes required — just bring yourself. These 15 minutes will reset your midday and train your body for rest as we support each other in building healthier habits.

### Take It Home Tonight

This evening, prepare your protein-rich dinner of **Oven Baked Salmon** which provides vitamin B6 and tryptophan. Your body uses these building blocks to produce melatonin, the hormone responsible for making you feel sleepy. Then try [Yoga Nidra for Sleep](#) to gently ease into a restful state. Now power-down all screens for 30 minutes before lights out. Together, these small steps protect your sleep — and your health — for the long run.