

Improve your sleep health with a wellness specialist



Transform your nights and overall well-being working with a wellness specialist. Get personalized guidance to manage stress, optimize nutrition, and adopt healthy habits. Here are some nutrition tips to boost sleep quality.

- Eliminate caffeinated beverages 6-8 hours before bedtime to allow your nervous system time to get into a rest state.
- Avoid large meals 4 hours or more before bedtime, so that your digestive system does not wake you up throughout the night.
- Eats foods that contain tryptophan and magnesium like nuts, seeds, tuna, turkey, dark chocolate, and milk.
- Incorporate foods that contain melatonin, a sleep regulating hormone, into your diet. This includes leafy greens, nuts, seeds, legumes, and beans.



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