

Did You Know?

HEALTHKICK

7/10

Americans who get less than the recommended 7 to 9 hours of sleep also experience mild or greater levels of depressive symptoms than those who do

Unlock the Power of Sleep for Holistic Well-being

Join us in celebrating National Sleep Awareness Week March 9-15! Spearheaded by the National Sleep Foundation, this week is dedicated to highlighting the essential link between sleep and our overall health and well-being. HealthKick is here to support you with resources, tips, and tools to improve your sleep, helping you become your Best Slept Self.

Why Sleep is Your Superpower:

Good sleep is foundational to your physical, mental, and emotional health. It's when the magic of healing, growth, and rejuvenation happens. Embracing healthy sleep habits can lead to:

- Enhanced immune function
- Improved concentration and productivity
- Better mood regulation and stress management
- Lower risk of chronic health issues

Holistic Health and Sleep







Sleep isn't just a pause between our busy days; it's the glue that binds our holistic health together. Whether it's powering through work, nurturing relationships, or managing stress, the quality of our sleep influences it all. It's a key player in our physical health, mental clarity, emotional balance, and spiritual well-being. By prioritizing restful sleep, you're not just catching up on z's; you're making a small change that makes a big difference in every part of your life.

For more sleep health resources and ways to become your Best Slept Self, visit the National Sleep Foundation


NATIONAL SLEEP
FOUNDATION

Unlock Better Sleep Starting Tonight

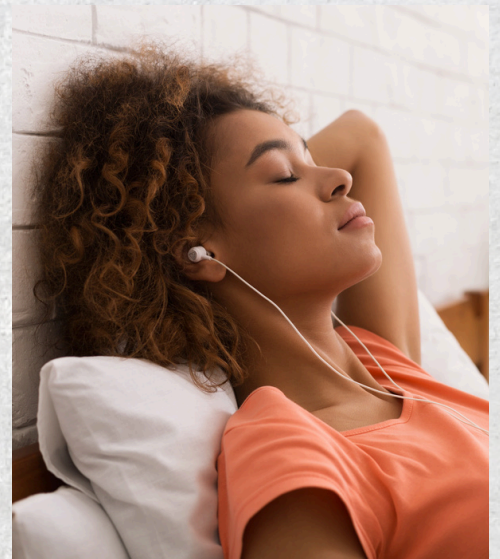
To help you achieve the restorative sleep you need, the National Sleep Foundation's experts recommend incorporating these healthy habits into our daily routines:

-  **Light Exposure:** Maximize your exposure to bright light or natural sunlight during the day. This helps regulate your body's sleep-wake cycle, improving sleep quality and duration.
-  **Regular Exercise:** Engage in at least 30 minutes of physical activity each day, 5 days a week. Regular exercise promotes deeper and more restful sleep but try to avoid vigorous workouts close to bedtime.
-  **Consistent Mealtimes and Mindful Eating:** Eating your meals at the same times each day can help regulate your body's internal clock, aiding in better sleep. You can also adjust your diet to avoid sleep-disrupting substances in the evening like salt and sugar.
-  **Diet and Substance Avoidance:** Minimize consumption of heavy meals, nicotine, caffeine, and alcohol in the hours leading up to bedtime. These can disrupt sleep or make it harder to stay asleep.
-  **Wind Down Routine:** Establish a relaxing evening routine to signal to your body that it's time to wind down. This could include reading, taking a bath, or listening to calming music like the therapeutic tracks offered by [Spiritune](#).
-  **Optimal Sleep Environment:** Prepare your bedroom for the best possible sleep by keeping it quiet, cool, and dark. Put away electronic devices at least an hour before bedtime to avoid blue light exposure, which can interfere with your ability to fall asleep.

The Transformative Power of Music on Sleep

Music isn't just a backdrop for our daily lives; it's a powerful tool for transforming our health. Scientific studies have shown that listening to calming music before bed can significantly impact sleep quality and efficiency. Here's how:

- **Faster Sleep Onset:** Music can reduce the time it takes to fall asleep by soothing the mind and preparing the body for rest.
- **Improved Sleep Efficiency:** Incorporating music into your bedtime routine can lead to less time spent awake after initially falling asleep, ensuring more restorative sleep cycles.
- **Cumulative Benefits:** The positive effects of music on sleep are not just immediate but build over time. Regularly listening to calming tunes at bedtime can lead to increasingly better sleep quality and duration.
- **Spiritune - Your Musical Path to Better Sleep:** Embrace the therapeutic power of music with [HK partner Spiritune](#), an app designed to utilize the principles of music therapy and neuroscience, offering soundscapes that promote relaxation and readiness for sleep.



HK Toolkit for a **Better Nights Sleep**

Embarking on a journey to better sleep is not just about closing your eyes and hoping for the best; it's about arming yourself with the right tools and knowledge to transform your nights and, consequently, your days. Check out these resources and discover how small changes can lead to significant improvements in your sleep quality and overall well-being.

→ *The Gut-Sleep Connection*

A balanced gut microbiome can lead to improved sleep patterns and overall well-being. [Checkout HK partner Thorne's insights](#) on how your gut health directly impacts your sleep.

→ *Lights Out! 5 Ways You're Sabotaging Your Sleep*

Read our [latest blog post](#) on common sleep mistakes and how to avoid them, ensuring you're not unknowingly compromising your sleep quality.

→ *5 Supplements for a Good Night's Sleep*

Explore Thorne's [recommended supplements](#) for enhancing sleep, including details on how each can support your journey to restful nights, including the Thorne Sleep Bundle, a specially curated trio of pre-bedtime supplements designed to promote restful sleep and help you wake up feeling refreshed and rejuvenated.

→ *Guided Meditations for a Restful Night*

As a HK member you receive free access to [Insight Timer](#), the largest library of meditation, sleep, breathwork, yoga and contemplation tools to help you relax before bed.

→ *Seek Support for your Root Stressors*

Sign up for personalized support with [wellness and mental health coaches](#) on the HealthKick platform to help address the personal or professional stressors that may be keeping you up at night.

→ *On-demand Resources Available Anytime*

Check out our [on-demand library](#) for meditation and breath work sessions plus webinars like ["How to Sleep Better, Starting Tonight"](#) and ["Breathing Your Way to Calm and Peace"](#).

Wellness Partners to Support Healthy Sleep

InsightTimer



AURA



SPIRITUNE

ŌURA

Base

classpass



THORNE®

injoy

THE N U E
c o



CYMBIOTIKA®

betterhelp

GARMIN™

Don't have a HealthKick account? [Click here](#) to activate for free today!