

Get Better Sleep

Updated
With New
Research!



Getting enough of the right kind of sleep keeps you healthy and alert. But many older adults have trouble sleeping.

Learn how to improve your sleep by making slight adjustments to your routines and by practicing specific mental tips to help you fall asleep faster.

We will also review the foods you should (and should not) eat before bedtime, as well as nighttime safety tips for practicing “Safe Sleep”, and much more!

Great for people with trouble sleeping or their unfortunate partners! All done in an informative and lighthearted manner.