

The Pharmacy

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HAPPY
New Year

Welcome to 2024! The start of a new year presents a fantastic opportunity to reevaluate how we look at sleep and make positive changes. Have you considered adding a sleep routine to your list of resolutions? If not, you definitely should! Here are three facts about sleep:

YOU SPEND ONE THIRD OF YOUR LIFE ASLEEP

Sleeping is as important a biological activity as eating or breathing. Yet most of us, adults and kids alike, feel that we do not get sufficient sleep. Stress, high fat and sugar diets, and exposure to electronics are common culprits reducing our hours of shut eye. Our modern 24-hour society does not place adequate emphasis on rest and relaxation, despite mounting evidence into its physiological importance.

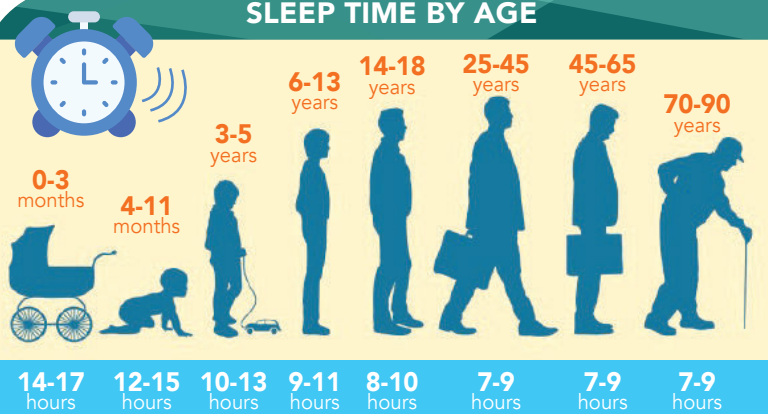
SLEEP IS YOUR BODY'S NATURAL DETOX TIME

During sleep, our brains become almost like a kidney removing waste, clearing out information it doesn't need and locking in what it does. Everything from your blood vessels to immune system uses sleep as a time for repair. In fact, there are certain repair processes that occur in the body mostly, or most effectively, during sleep. If you don't get enough sleep, those processes are going to be disturbed.

BETTER DAYS MEAN GOOD NIGHTS... AND VICE VERSA

What we do in our waking hours has a lot to do with our sleep quality. For optimum sleep, ensure that you are getting enough sunshine and exercise during the day, limiting screen time, and eating balanced, regular meals. Managing stress through relaxation techniques also goes a long way to improving sleep. Proper planning for the next day can ease anxiety and help establish the peace of mind needed for a good night's rest.

SLEEP TIME BY AGE



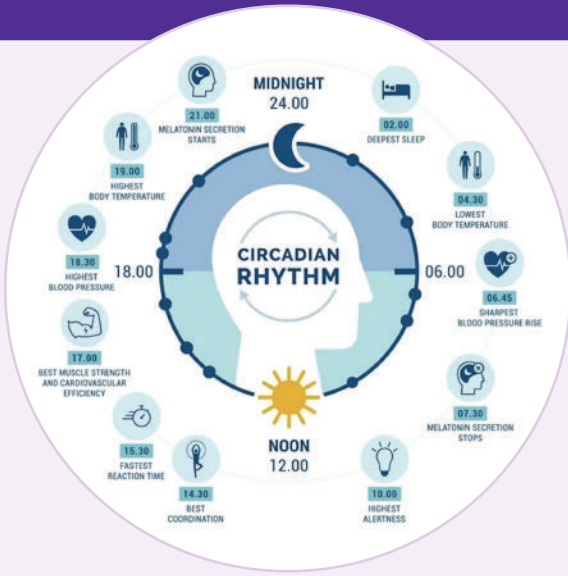
THE 10-3-2-1-0 SLEEP RULE

A handy rule of thumb for healthy sleep:

- 10 hours** before bed: no more caffeine
- 03 hours** before bed: no more food or alcohol
- 02 hours** before bed: no more work
- 01 hours** before bed: no more screens
- 00:** the number of times you hit the snooze button the next morning!



FIND YOUR RHYTHM



The **circadian rhythm** is the body's internal clock, cued by light and darkness.

It activates the hormone cortisol which signals to us that it is time to wake up, and the hormone melatonin that tells us when to wind down. However, age, busy schedules, screen time, and poor diets can throw off this rhythm, and the effect is disrupted sleep and cranky days.

If you find it hard to fall asleep or stay asleep, supplementing with melatonin 30 minutes before bedtime may help.

Natrol Melatonin supplements are 100% drug-free, natural products for helping you take charge of your sleep.

SLEEP IS A SCIENCE, SO LET'S LOOK AT THE BODY'S SLEEP CHEMICALS

MELATONIN

The "sleepy hormone", produced by the body in response to darkness, telling us it's time for bed.

CORTISOL

The "stress hormone", produced by the body in response to light, lets us know when to be alert.

WHEN TO USE MELATONIN



#1 MELATONIN BRAND

NATROL®

- ▶ When you experience **occasional sleeplessness**.
- ▶ To help **fall asleep faster, stay asleep longer** and wake feeling refreshed.
- ▶ When your **sleep schedule shifts one hour or more**.

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