



## January 2022 Edition

In this newsletter, I highlight the importance of sleep. We all know how valuable a good night's rest is for our wellbeing. If we sleep poorly, most of us adults feel sluggish the following day. But did you know that when kids and adolescents sleep poorly, most of them feel hyperactive the following day? That's right, it's the exact opposite! Keep reading for some tips and strategies for improving sleep.

Let me know who or what inspires you! Drop me a line at [jenni@jennibasch.com](mailto:jenni@jennibasch.com). If you aren't already receiving this newsletter in your email, please join my list at [jennibasch.com](http://jennibasch.com).

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### Calm app for improving health and happiness!



**Calm** is a company dedicated to helping improve health and happiness. Available for free, users have access to meditations, stories, music, and other features. The **Calm** app is the #1 app for Sleep, Meditation and Relaxation. At Calm.com, users can access the same resources. Calm Premium allows access to the full library of meditations, stories, music, and other features.

Some of **Calm's** offerings:

- Improve Sleep Quality
- Reduce Stress or Anxiety
- Improve Focus
- Self-Improvement

Click [here](#) for more information

## Mayo Clinic's Six Tips For Sleeping Better!



1. Stick to a Sleep Schedule
2. Pay Attention to What You Eat and Drink
3. Create a Restful Environment
4. Limit Daytime Naps
5. Include Physical Activity in Your Daily Routine
6. Manage Worries

**Valuable Tip:** Mayo Clinic stresses that it's important to contact a doctor if you continue having trouble sleeping. A doctor can investigate possible underlying causes.



For more information about Mayo Clinic's Six Sleep Tips, check out this website to find useful information and resources:

<https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/sleep/art-20048379>

## Awesome Product Alert!

So here's a fun way to help a young child sleep better. Check out the **Wow! PODS Stuff CoComelon Toys Musical Sleep Soother**. This plush toy plays six bedtime nursery rhymes to help soothe children to sleep. As an added bonus, it also features a night light that automatically turns off after the last song plays. Super plush toy that's appropriate for ages 2+. Let me know if you try it!

You can find it [here](#)

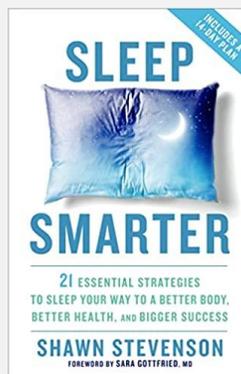


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## Book of the Month

*Sleep Smarter: 21 Essential Strategies to Sleep Your Way to a Better Body, Better Health, and Bigger Success* by Shawn Stevenson is a great read! The author presents a guide for sleeping better, feeling refreshed, and achieving a healthier, happier life. With Stevenson's 14 Day Sleepover, readers will discover a step-by-step plan for sleeping better and more efficiently. Who doesn't want that?

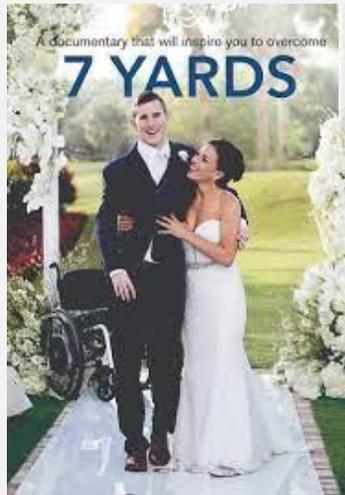
Stevenson's Book:



Get it [here](#)

### **Inspiring Stuff!**

*7 Yards* is a documentary that chronicles the incredible story of Chris Norton. Chris suffered a devastating spinal cord injury at the age of 18. Against all odds, Chris and his fiancée, Emily, set the ambitious goal of him walking seven yards down their wedding aisle. The story is told from archival footage, interviews, and actor reenactments to show Chris's journey from victim to survivor. We need more inspirational stories like this in our world!



Check out information and the trailer for *7 Yards*:

<https://7yardsfilm.com/>

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I hope this newsletter provided useful and inspiring information. Keep healthy and drop me a line if you have questions or comments.

Until next time,  
Jenni Basch