

## Sleep

A good night's sleep is important for staying healthy. It can help you eat less, exercise better, and generally be healthy. Here are some tips which may help improve your night...

- Increase bright light exposure during the day, to keep your circadian rhythm healthy.
- Reduce blue light exposure in the evening (e.g. smartphones, computers)
- No caffeine after 4pm - caffeine stimulates your nervous system and may stop your body from naturally relaxing at night. Try a warm milky drink or camomile tea instead
- Reduce Irregular/Long daytime naps as they may confuse your internal clock
- Wake and Sleep at the same times all week to set your circadian rhythms
- Don't drink alcohol - It reduce night melatonin production leading to disrupted sleep.
- Don't smoke - smokers take longer to fall asleep, wake more frequently, and often have more disrupted sleep.
- Don't eat late in the evenings - large meals can lead to poor sleep and hormone disruption
- Relax before bed - e.g. listen to relaxing music, read a book, taking a hot bath, meditate, or try deep breathing
- Get a comfortable bed, mattress, and pillow - replace every 5-8 years
- Complete regular exercise (e.g. swimming or walking) during daylight hours helps to ensure a good night's sleep.
- Reduce fluid intake in the late evening and try to use the bathroom right before bed - try not to drink fluids 1-2 hours before bed
- Ensure temperature, lighting and noise is controlled so that your bedroom environment helps you to fall (and stay) asleep - eliminate external noise and light where possible

## Latest news from the centre

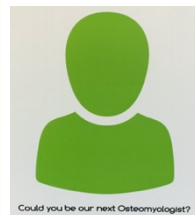


### Callum joins our team.

We are excited to finally have a male MT back in the centre! Callum, joined our massage team in September. If you are overdue a message, why not book in and say hello to Callum

### Blue Cow Congress

On October 14th, the centre will be closed to attend the annual Blue Cow Congress. An event which each year brings together some of the very best centres along with world class speakers from all around the globe. We look forward to sharing some ideas on our return.



Could you be our next Osteomyologist?

### Osteomyology Training

As you are probably aware, we are a training centre for Osteomyologists who deliver high quality activator based treatment. We love to bring more amazing local people to serve our community. Do say hello to our latest amazing trainees.

### Text messaging

Recently we had to reach out to many of our clients to reschedule appointments due to Covid self isolation. Having the ability to quickly communicate by two way text messaging helped to make this process much simpler and saved clients time queuing on the phones. If we don't have your mobile number & email address, please let us have them as this may assist us in helping you in the future.



**VOUCHER**

## FAMILY REFERRAL VOUCHER

While you are enjoying the benefits of care within the centre, why not bring your family along for a check up and enjoy the benefits of true wellbeing care for the whole family.

This certificate will cover 50% of the cost of your their initial visits to the centre to see our Chiropractic or Osteomyology team. This includes: A Private Consultation, a full top-to-toe examination, including x-rays if necessary. It also covers a follow up visit in order to receive a full verbal report of the centre's findings.

This voucher has no cash value and cannot be exchanged for cash or used towards product purchases and can not be used in conjunction with any other promotions.

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