

CANYON RANCH.

GET YOUR BEST NIGHT'S SLEEP

Canyon Ranch Lenox Medical Director Cindy Geyer, MD Shares Best Practices

July 2018 – Busy lives make getting more and better sleep seem like a luxury – a to-do that feels expendable when other priorities mount up. However, it is truly a necessity when it comes to our health. The paradox is that the more we worry about drifting off, the harder it can be to obtain the necessary quality and quantity. The good news is that sleep is no longer being viewed as wasted time, and we now know that quality, quantity and timing of rest can powerfully impact our health and well-being. So, what are some of the best strategies for sleep?

- Dedicate enough quiet time and create an inviting sanctuary that promotes rest and relaxation: dark, quiet, cool, uncluttered and ideally without electronics, because even the light emitting from a charging cellphone can interfere with sleep quality.
- Remember that the activities you do and the times you do them impact your ability to sleep at night. Try to structure your day accordingly:
 - Light, food and activity tell the brain and body what time it is. To kick-start your day, eat breakfast, walk outside and watch the sunrise.
 - Try to finish your last meal at least 4 hours before bedtime (if there is no medical contraindication). One study found that a 3 hour or less interval between dinner and bed was associated with a 7.5 fold increased risk of sleep-hindering gastroesophageal reflux disease.
 - Ideally end electronic (phone, TV, computer) use at least 2 hours before bedtime. If you have to use a device, try to use glasses that filter out melatonin suppressing blue spectrum light.
 - Schedule in a transition to sleep: taking a warm bath, reading a book, gentle yoga stretches, and meditation can help prepare your mind and body for rest.
 - Limit caffeine and alcohol intake.
 - Review medications and supplements that could be negatively impacting sleep.
- If you are having difficulty falling or staying asleep, or if you wake up feeling unrefreshed, it is important to talk to a professional to gain insight on what may be taking place. One condition that is under-diagnosed in women is sleep apnea, which can be present in the form of morning headaches, anxiety, depression, fibromyalgia or insomnia.

Join us at Canyon Ranch in Lenox for our Peaceful Night's Sleep Featured Experiences, August 19-22, 2018 and again October 31-November 4, 2018. During this event, Physician, Weight Loss Program Leader & Director of Sleep Medicine at Canyon Ranch Tucson, Param Dedhia, MD will join Dr. Geyer and other Canyon Ranch practitioners to learn about the power of sleep and how you can enhance its quality and quantity in your life.

About Canyon Ranch®

Canyon Ranch® has been a trailblazer and an industry-leading proponent of the wellness lifestyle and real estate living for nearly 40 years, operating the world's most celebrated collection of life-enhancement properties. Canyon Ranch has wellness destinations in Tucson, Arizona and Lenox, Massachusetts. In addition, Canyon Ranch operates the world's largest day spa at The Venetian® & The Palazzo® hotels in Las Vegas, Nevada and 22 Canyon Ranch at Sea® wellness facilities onboard luxury cruise lines: Cunard Cruise Line, Oceania® Cruises, Regent Seven Seas Cruises®, and on Celebrity Cruises®. Canyon Ranch is a 13-time winner of Travel + Leisure's Best Spa Award, an 11-time recipient of the Condé Nast Traveler Best Destination Spa Award, is honored by Town & Country as one of the 'Best Luxury Spas in the World' in their 2017 Spa Awards and is recognized as the 'Best Wellness Program' by Virtuoso's 'Best of the Best' 2017 awards.

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