



## Sleep Hygiene: Tips for Better Sleep

### What you can do to develop healthy sleep habits.

Coming off the holidays should have you well-rested, but how do you maintain or establish good sleeping hygiene all year round? Healthy sleep habits are important for so many reasons, not the least of which is our mental and physical health.

CVMG is kicking off this year's first Healthy Living webinar by discussing sleep hygiene and providing tips for better sleep. Community Health Educator, Sabrina Pires will explain what sleep hygiene is and how the behaviors we engage in can promote or sabotage a good night's rest. Sabrina will also explain the effects of sleep on our overall health and offer specific actions you can take to develop good sleeping habits that stick.

#### Zoom with us on Wednesday, January 27<sup>th</sup> to hear the following:

- What is sleep hygiene and why is it important
- How sleep affects your physical and mental health, and your quality of life
- Triggers or situations that lead to unhealthy sleep habits and how to avoid them
- Actionable tips for improving your sleep habits

**Your health is our priority. Join us on the last Wednesday of each month for our Healthy Living webinar!**

Wednesday,  
January 27<sup>th</sup>

7:00 PM PT

This is a Zoom event. You can participate from the comfort and safety of your own home.

No registration required. To join, simply access the link below on the day of the webinar.

*Space is limited to the first 100 attendees.*

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