



THE SLEEP SOLUTION: RECLAIM YOUR HEALTH WITH RESTORATIVE SLEEP

THIS MONTH, WE'RE SHINING A SPOTLIGHT ON ONE OF THE MOST CRUCIAL YET OFTEN OVERLOOKED PILLARS OF HEALTH: RESTORATIVE SLEEP. FROM BALANCING HORMONES TO SUPPORTING WEIGHT MANAGEMENT AND REDUCING STRESS, QUALITY SLEEP IS THE FOUNDATION OF OVERALL WELLNESS

At WIFM, we emphasize sleep as a cornerstone of our wellness plans. Through specialized testing like the ZRT-UD III urine test, we can identify root causes of sleep issues, such as elevated cortisol or imbalanced neurotransmitters. We also offer serum testing for sex hormones and thyroid levels, which play a crucial role in supporting restorative sleep and overall health. By addressing these underlying factors, we create personalized plans to help patients improve their sleep and, ultimately, their health.



UNLOCKING RESTFUL NIGHTS: TIPS AND TRICKS FOR RESTORATIVE SLEEP

1. Create a Sleep-Friendly Environment

Darken the room: Use blackout curtains or an eye mask to block out light.

Control noise: White noise machines or earplugs can help drown out disruptive sounds.

Keep it cool: The ideal room temperature for sleep is around 65°F

2. Stick to a Consistent Sleep Schedule

Going to bed and waking up at the same time every day, even on weekends, helps regulate your body's internal clock, also known as your circadian rhythm.

3. Limit Blue Light Exposure Before Bed

Avoid screens (phones, tablets, computers) at least an hour before bed. Blue light interferes with the production of melatonin, a hormone essential for sleep.

4. Create a Relaxing Bedtime Routine

Wind down with calming activities like reading, meditating, or practicing gentle stretches or yoga to signal to your body that it's time to relax.

5. Watch What You Eat and Drink

Avoid large meals, caffeine, and alcohol in the hours leading up to bedtime. Caffeine and alcohol can disrupt your ability to fall asleep or stay asleep.

6. Exercise Regularly, But Not Right Before Bed

Physical activity during the day can help you fall asleep faster and enjoy deeper sleep, but try to finish any vigorous exercise at least a few hours before bed to prevent overstimulation.

7. Limit Naps

If you nap during the day, try to limit naps to 20-30 minutes and avoid napping in the late afternoon, as it may interfere with your ability to fall asleep at night.

8. Manage Stress

Stress and anxiety can keep you up at night. Practicing mindfulness, deep breathing, or journaling before bed can help clear your mind and make it easier to fall asleep.

9. Try Magnesium or Other Natural Supplements

Magnesium, melatonin, or chamomile tea are natural supplements that may help promote better sleep quality. Consult your healthcare provider before starting any new supplement.

10. Seek Professional Help if Necessary

If you consistently have trouble sleeping despite trying these tips, it might be time to consult a healthcare provider or explore diagnostic tests for hormonal imbalances, sleep apnea, or other conditions.

WIFM OFFERS VITAMIN D INJECTIONS FOR HOME & AT THE CLINIC!



DID YOU KNOW?

Vitamin D3 is known to influence sleep quality and duration. It plays a role in the regulation of the sleep-wake cycle and might impact the production of melatonin. Deficiency in Vitamin D3 has been associated with sleep disorders. We offer Vitamin D Injections!

5mL vial

100,000 IU Vitamin D3

Inject 0.5cc IM every 2 weeks for 3 months then re-check levels (goal 80-100).

\$150 clinic injection

\$75 shipped to home for self injection

***SHIPPING AND SUPPLIES ARE NOT INCLUDED IN THE PRICES**

SUPPLEMENT OF THE MONTH



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Not all magnesium supplements are created equal! Each type offers unique benefits depending on your specific needs, so let's break down a few options to help you choose the best one:

Magnesium Glycinate: Ideal for sleep, muscle cramping, and blood pressure. With its high absorption rate, it's widely considered the best form available—gentle on the stomach and highly effective!

Magnesium Citrate & Malate: Commonly found and both are well-absorbed. Citrate can help with improving bowel movements, and the malate form is great for muscle pain.

Magnesium Oxide is mostly used to promote bowel movements. It attracts fluid into the bowels because it is not well absorbed, promoting a softer and looser stool for those who get constipated easily.

Magnesium Threonate: Perfect for cognitive support, such as memory and brain health.

Choosing the right magnesium can greatly affect how your body responds! Ready to explore which one might be right for you? Reach out to us for more info!