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HEALTHY SLEEP TIPS FOR SENIORS FROM POET'S WALK SAN ANTONIO, AN ALL MEMORY CARE SENIOR COMMUNITY

San Antonio, TX (August 29, 2017) – Capturing the illusive good night's sleep is something that everyone tries to do. According to the National Heart, Lung and Blood Institute, getting the right amount of quality sleep can help with mental and physical health as well as quality of life. Whether for a special day the next day or for deeper health reasons, a good night's sleep is very important to keeping a person in good health.

Corina Hidrogo, LVN, Poet's Walk San Antonio's Director of Resident Care, says, "Healthy sleep habits, or good sleep hygiene as it's often referred to, can make a big difference in anyone's quality of life. We work hard to help our residents gain the sleep they need to maintain good health. There are many ways we do this including daily exercise and practicing a relaxing bedtime ritual."

Some of the tips that Hidrogo offers include:

- Stick to a sleep schedule - same bedtime, same wake up time.
- Practice a relaxing bedtime ritual.
- If someone has trouble sleeping, avoid taking naps, especially in the afternoon and early evening.
- Try to exercise daily.
- Design the sleep environment to establish the conditions you need for sleep.
- The bedroom should be cool between 60-67 degrees.
- Sleep on a comfortable mattress and pillow; the average lifespan for a mattress is about 9 to 10 years.
- Pillows should be comfortable and free of allergens.
- If someone can't sleep, go into another room and do something relaxing until they feel tired.
- Take TV's, computers, work materials out of the bedroom.
- If someone is still having trouble sleeping, speak to a doctor or sleep professional.

Poet's Walk San Antonio, a Spring Hills Senior Communities all memory care community, is located at 5438 Presidio Parkway. For more information, please contact Corina Hidrogo, LVN, Director of Resident Care, or Wendy Jo Martin, Executive Director, at 210-839-2199 or visit <http://www.poetswalk-springhills.com/memory-care-facilities-san-antonio-tx/>.

About Spring Hills Senior Communities & Memory Care Communities:

All Spring Hills Senior Communities', Home Care Services, Assisted Living Communities and Poet's Walk Memory Care Communities offer a distinctive and innovative approach to home care services, assisted living, and Alzheimer's care as led by Alexander C. Markowits, President/CEO. Signature Touches is the company's holistic approach to offering individualized care and services that are designed to meet the needs and preferences of residents and clients. Personal choice is top priority in one of the company's eight Spring Hills assisted living communities or in client's homes with Spring Hills home care services located in NJ, VA, OH, FL and NV or in one of the company's Poet's Walk memory care communities located in TX, VA and NV as well as soon-to-be FL. For more information about their Caring with a Commitment to Quality dedication to senior living, visit www.spring-hills.com or www.poetswalk-springhills.com.

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