

SLEEP WELL 2023



Creating new realities and expanding consciousness

Edition 1



Happy New Year!

An opportunity to reflect, review, reimagine and adjust our habits to design the life we dream of.

Paradigm shifts occur when we change the questions we ask.

Before

Us to our patients- **What** can we do to help you sleep better?

Now

Us to our patients- **Why** do you want to sleep better?

Sleep Tip- Get it out. Get it on a page. The Ritual of Expressive Journaling.

We often find our mind racing once we are ready for sleep. It helps to get our thoughts and worries on a page. If there is a situation the next day that is causing us anxiety, it helps to write down some solutions for it. Try it.



My bed is a magical place where I suddenly remember everything I was supposed to do.

-Anonymous

If you find value in the content of SLEEP WELL, we hope you will share it with others. They can also subscribe directly by going to our [website](#).

For Appointments at NJDSMC

call 908-389-0222 Line 2 or email us at sleep@doctormerriman.com



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Creating new realities and expanding consciousness



Through poetry, self love self care first™, and sleep

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