

What Doctors Have to Say About Sleep and Juice Plus

<https://youtu.be/wgqBs4o8Epk>

When was the last time you felt you had great, quality sleep on a regular basis? Getting a good night's sleep can greatly impact your outlook on life and, in turn, your health and wellness. Simple changes, such as getting a good night's sleep or taking time for a relaxing hobby, are easy ways to help manage stress and improve your well-being in the long term.

Here are some simple changes you can try to help manage stress:

- Laugh out loud once a day
- Start a DIY project
- Add 5 minutes of quiet time or meditation to your daily routine
- Eat lunch away from your desk
- Turn off your phone before dinner
- Spend 20 minutes outside each day
- Go to sleep an hour earlier
- Wake U.P. an hour later on Sunday
- Take time to focus on yourself and no-one else at least once a week