



SAMARITAN CENTER



Change Lives

Counseling in Combination with Integrative Medicine

Sleep: Why do we do it, and how can we improve it?



by Erin Peace, LCSW

We've all been told the importance of getting a good night's sleep; what exactly does that mean, though, and why should we prioritize our time around a process that seems so passive? This post will explore the **why's of sleep (why we need it)**, why we should prioritize it, why it's integral for physical and mental wellness). In Part 2 of this blog series, we'll explore the how's of sleep (how we can improve our sleep cycles, how we can implement healthy sleep hygiene routines, how to address and assess for insomnia).

We sleep for how long?

According to the National Sleep Foundation, an adult between the ages of 26 and 64 years old **should be getting between 7 to 9 hours of sleep**. If you're an individual who lives to the average life span of 79 years old, you will then be spending **26 years of your life asleep**, and **7 years of your life simply trying to fall asleep!** While at first glance this statistic may seem overwhelming, it can also serve as a reminder of the importance of sleep; after all, you will be spending...

[Read the rest of Erin's blog here](#)

Support Samaritan Center's Golf Classic



Considering supporting Samaritan Center's golf tournament on Nov. 9 & 10 but not sure if you're a golfer? **Join as an Honor Sign Sponsor!** Honor Signs are a great way to promote your business, honor a loved one, or pay tribute to veterans. **To sponsor a sign is just \$250!**

Or, **purchase a raffle ticket** and win one of several incredible prizes!

The event is being presented by **Metropolitan Partners Group** and additionally sponsored by **PCSI**, Lynn and

We are so grateful for these continuing sponsors and urge you to also consider a sponsorship of the [event](#).

Parenting Workshop Starts October 14



The [Trust-Based Relational Intervention \(TBRI®\) Introduction and Overview Class Series](#) focuses on the principles of empowering, connecting, and correcting. **Parents will learn real, applicable tools to enhance their parent-child relationship.** Classes will meet virtually each week on Wednesdays at 5:30-7:00 PM from Oct 14-Nov 11.

This workshop has limited spots. Call 512-451-7337, opt 8 or [email us](#) to register now.



Vision

We envision a healthy and compassionate community in which every individual achieves mental, physical, spiritual and social well-being.

Mission

We heal hearts, provide hope and enhance lives with a holistic approach to mental health for all ages, whole families and the military community.