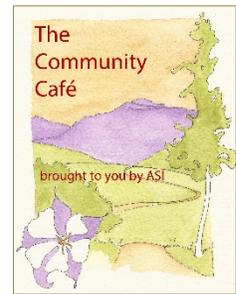


PRESS RELEASE

For release: May 23, 2021
Pagosa Springs, CO



NEWS FROM THE COMMUNITY CAFÉ

A Better Night's Sleep

We've mentioned music before as a means of boosting our well-being. Turns out, part of that positive impact is that music helps improve sleep – something that improves well-being in its own right. Sleep disturbances affect more than 40% of adults 65 and better, up to 70% in some study groups. Poor sleep impacts physical and mental health, and processes from cognitive functioning to balance – resulting in increased accidents and other issues.

Music therapy is evidence-based and is used in therapeutic interventions. [Studies on this subject](#) have been found to agree that older adults who engage in music therapy experience “significantly better sleep quality than those who did not listen to music.” Calmer, slower-tempo melodic music provided the best results. The positive effects also increased in those who enjoyed music for more than four weeks. They reported [longer-lasting sleep quality improvement](#).

But you don't have to be a practitioner to gain the benefits of having music in your life. If you've let your favorite music fall out of your life, for any reason, considering easing it back into your day as a safe, effective, and easy remedy that can boost other aspects of your day. Caregivers can provide the bridge for many key activities, including finding out what music that person likes and bringing that into the daily environment.

Our website provides information about ASI programs here in Pagosa Springs, as well as resources for wellness and aging. You can also use our website to make reservations with The Community Café for take-out and Meals on Wheels at: <http://www.psseniors.org/>.

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