

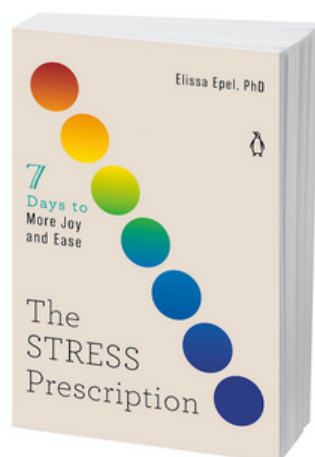
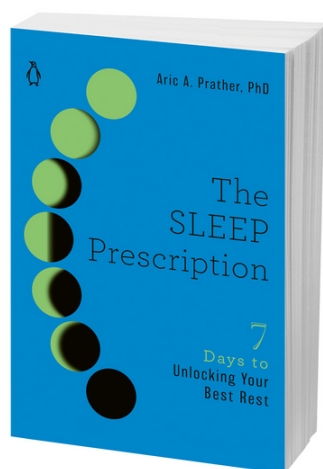


ON PRESALE NOW

The SLEEP Prescription

By Dr. Aric Prather

Available Nov. 1



The STRESS Prescription by Dr. Elissa Epel

Available Dec. 27

Announcing the 7 Day Series

From Penguin Random House

TWO BOOKS YOU WILL LOVE!
SLEEP Rx and STRESS Rx!

If you love research on aging, metabolism, emotions, and HEALTH, you will love our new books.

AME directors Dr. Aric Prather and Dr. Elissa Epel were asked to write short practical science based books to help people quickly on the two fundamental influences on our well being – stress and sleep!

SPECIAL BONUS SESSION for AME members. You are a member if you've signed up for our listserv. We will be hosting a webinar on February 2, 2023 at 12-1 PM PST for an exclusive Q&A. More information coming soon!

The Big Joy Project

The Big Joy Project is a seven-day experience for you to see what increases your happiness.

For this project, you will be guided through a series of daily activities to increase joy and promote your daily well-being. You will reflect on the activities, and by doing so help researchers unlock new insights into JOY!

[Click here](#) to learn more and sign-up.



Featured AME Researcher

Dr. David Newman received his PhD. in social psychology at USC and is currently a Postdoctoral Scholar at the Department of Psychiatry and Behavioral Sciences at UCSF, where he is also a member of Dr. Wendy Berry Mendes' Emotion, Health, and Psychophysiology Lab. He is a social and personality psychologist with research interests in the changing states of well-being.

We spoke with him about his work, including his most recent paper "Asymmetrical Effects of Sleep and Emotions in Daily Life", in an exclusive Q & A. [Click here to read!](#)

Quick Tips for Better Sleep!

Tips for Building a Pre-Sleep Routine

1. Maintain a consistent time for waking up.
2. Turn off digital devices 1-2 hours before bed.
3. Take part in a relaxing activity, such as reading, to unwind from the day.
4. Maintain a quiet, dark, and cool, environment for sleeping.



For more tips, check out [this video](#) from AME's Dr. Prather!



Pre-Bed Beverage

Before bed, opt for a soothing chamomile drink, a tea shown to improve sleep quality, mixed with warm steamed milk and honey.

Or, try a lavender milk beverage with ingredients to boost your mood and help you sleep!