



Russell Bartels, MD, FACOG

#### Women's Health

- [Wellness Exams](#)
- [Hormone Replacement Therapy \(HRT\)](#)
- [Intimate Wellness](#)

#### Men's Health

- [ED](#)
- [Testosterone Therapy](#)

#### MedSpa Services

- [Cosmetic Filler](#)
- [Botox](#)
- [Painless Laser Hair Removal](#)
- [MicroNeedling](#)

## SEPTEMBER SPECIALS

### INJECTABLES

**Radiesse for the Jawline**  
**Save \$200 per Syringe**

### AESTHETICS

**Opus Plasma RF Resurfacing**  
**Treatment SylFirm**  
**Microneedling w/RF or**

Face and Neck 1<sup>st</sup> Treatment \$850  
Face and Neck 2<sup>nd</sup> Treatment \$800  
Face and Neck 3<sup>rd</sup> Treatment \$750  
SylFirm (Reg. price \$1000 each)  
Opus (Reg. price \$900 each)

*Above services are only offered  
consecutively from September  
through December 30<sup>th</sup> 2025. May  
alternate services.*

## Better Sleep This September

### **How to Get Better Sleep**

*Quality sleep is one of the most powerful tools for overall health—yet so many of us struggle to get enough of it. Whether you're tossing and turning at night or waking up feeling groggy, the good news is that small changes to your daily habits can make a big difference.*

#### **1. Set a Consistent Schedule**

*Your body thrives on rhythm. Going to bed and waking up at the same time every day—even on weekends—helps regulate your internal clock and strengthens natural melatonin production.*

#### **2. Embrace Morning Light**

*Exposure to natural light within the first hour of waking resets your circadian rhythm, boosting energy during the day and supporting better sleep at night. Just 10–15 minutes outdoors can help.*

#### **3. Create a Calming Evening Routine**

*Swap screens for soothing rituals an hour before bed. Reading, journaling, light stretching, or sipping herbal tea can help signal to your brain that it's time to wind down. Keep lights dim and avoid blue light from phones or TVs to support melatonin release.*

#### **4. Optimize Your Sleep Space**

*Your bedroom should be cool, dark, and quiet. Invest in blackout curtains or an eye mask, set the temperature between 60–67°F, and keep devices out of the room if possible. A supportive mattress and breathable bedding also make a big difference.*

#### **5. Mind What You Eat and Drink**

*Avoid caffeine after mid-afternoon and limit alcohol close to bedtime. Heavy or spicy meals in the evening can interfere with restful sleep, while magnesium-rich foods—like leafy greens, nuts, and pumpkin seeds—can help promote relaxation.*

#### **6. Manage Stress Before Bed**

*High stress keeps cortisol elevated, which competes with melatonin. Simple practices like deep breathing, meditation, or writing down tomorrow's to-do list can help quiet the mind.*