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REGISTERED CHARITY NUMBER: 81398 5017 RR 0001



The Importance of Sleep in Middle Age

Getting enough restful sleep every night is one of the most important things you can do for your overall physical and mental health — no matter what stage of life you're in. But new research has shown that it may be even more important in middle adulthood.

Download our newest tip sheet exploring the growing importance of sleep and how to practice good sleep hygiene as we age.

[Download](#)

Support Iris the Dragon

At Iris, our mission is to develop accessible tools and products to help practice good mental health and wellness throughout one's life. To date, we have successfully donated \$1.2 million worth of resources and with your support, we can grow further!

A generous gift of **\$10 CAD** (or foreign currency equivalent) can cover the cost of a printed book donation to a school or frontline mental health organization.

[Give a Gift](#)

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