Tips to help you sleep better

The gold-standard treatment for sleep problems is cognitive behavioral therapy for insomnia or CBT-I. Here are 13 tips based on CBT-I that psychiatrist Jesse Koskey shares with his patients.

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News you can use – **Wellness**

Back-to-school tips for COVID-19, fentanyl, injuries and more

As your kid enters a new school year, here are some things you may want to consider to keep them safe.
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What is sudden cardiac arrest?

After the recent episode experienced by Bronny James, we spoke to Project ADAM coordinator Rebecca McCormac to learn about symptoms and how parents can be prepared.
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Food safety in hot weather

If you're having a picnic or barbecue outside in one of this summer's recurring heat waves, here are some tips to ensure everyone stays healthy and safe.
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Spotlight – **Research and innovation**

Volunteering in late life may protect against dementia

A new study of older adults found better memory and executive function among those who volunteered.

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Is listening to music better than a sleeping pill?

New research shows music is an effective, inexpensive and safe method for treating insomnia.

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Updates – **COVID-19**

Reminder: keep at-home COVID treatment in mind

Prescription antiviral pills like Paxlovid can be an easy-to-use COVID treatment for people with conditions that increase risk of severe disease – such as diabetes, extra weight, or hypertension. Timing is crucial. **COVID treatments page ›**

COVID can cause inflammation that results in bone loss

A UC Davis Health study involving mice suggests coronavirus is linked to higher risk of fractures and bone loss-related diseases. **Read more ›**

Federal, **state** and **county** sites may continue to report raw COVID data, but be aware that some data may be in transition, less relevant than before, and involve longer lag times. The CDC has determined that the hospital admission rates in its **COVID by county** tool are "a suitable and timely primary indicator" for monitoring COVID trends. The tool is updated Thursdays.