

## Post MeRT Treatment Recommendations

Now that you have completed your MeRT treatment, it is important to remember that the brain is neuroplastic; in other words, it has the ability to continue to change. It is in a dynamic state responding to your experience, habits and stress. To optimize and retain your change in brain function, we recommend the following behaviours;

1. Continue correction of the sleep-wake cycle by ensuring you receive your morning sunlight from 7:00AM – 11:00AM for at least 45 minutes daily. Without quality of sleep, your brain cannot form or maintain pathways. This is why it is important to establish and maintain the proper circadian rhythm. This applied regardless of the time zone you are in or if you are travelling.
2. Continue practicing good sleep hygiene. Avoid caffeine after 10:00AM and avoid electronics prior to bedtime or continue utilizing the blue light filters on electronic devices to minimize exposure to blue light in the evenings.
3. Engage in relaxation exercises; meditation, yoga, massage, reading, etc. Find what helps you relax and participate daily.
4. Reduce / refrain from alcohol, smoking and illicit drugs.
5. Continue to keep your brain active. Learn a new language, place sudoku, etc.
6. Draw or paint. These activities are relaxing as well as therapeutic.
7. Perform physical exercises for a minimum of 30 minutes per day, 3-4 times a week. Do what is safe for you and consult your physician prior to engaging in any new exercise.