



# At Home

Making the Most of Living in a Cowboy  
Properties Community  
July 26, 2024

## Sweet Dreams

Transforming your bedroom into a sleep sanctuary is the ultimate key to fabulous nights and refreshed mornings.

**Optimize Your Bed:** Invest in a comfortable mattress and supportive pillows. Choose breathable, natural fabrics like cotton or linen.

**Control the Light:** Use blackout curtains to block external light and dimmable lamps with warm hues for a calming ambiance. Avoid screens an hour before bed to prevent blue light interference with melatonin production.

**Maintain Ideal Temperature:** Keep your bedroom cool, ideally between 60-67°F (15-19°C). Use natural fiber bedding and sleepwear to regulate body temperature.

**Reduce Noise:** Use a white noise machine or earplugs to mask disruptive sounds.

**Declutter and Simplify:** Maintain a tidy, clutter-free space. Opt for minimalist furniture and use storage solutions to keep items organized and out of sight.

**Incorporate Relaxing Scents:** Use essential oils like lavender or chamomile in a diffuser or linen spray to promote relaxation.

**Create a Tech-Free Zone:** Minimize electronics and establish a pre-sleep routine involving non-screen activities like reading or meditating.

**Personalize Your Space:** Use colors, textures, and decor that reflect your style and make you feel relaxed and happy.

## Giveaway!

We're giving away four \$50 Amazon gift cards! Tell us what helps you make your bedroom your sanctuary. Do you have pillows you love? An aromatherapy scent that helps you sleep? A bed time routine that helps you sleep? [Click here to enter.](#)

You must be a current resident of a Cowboy Properties community to win. One entry per person. Winners will be notified by email. All entries must be in by 8 AM MT on Thursday, August 1.

## Your Favorite Places

Share your favorite local businesses with us! Supporting local businesses is important to us, especially during these times. [Please fill out this short form](#) to tell us about what businesses you would recommend to your fellow residents, which we will highlight in an upcoming newsletter.

Mad Greek Express  
4504 S 900 E, Millcreek

Sam at Bridgeside Landing says it's delicious Greek food! The classic gyro is a popular dish, or try the Greek salad, falafel, souvlaki, spaghetti with meat sauce and burgers. Close out your meal with the baklava.

## Events of the Week

### [Butterville Days](#)

July 25-27

Butler Park (7500 S 2700 E, Salt Lake City)  
Parade, carnival, car show, fireworks and more.

### [Great Salt Lake Fringe](#)

July 26-Aug. 4

Alliance Theater (602 E 500 S, A103, The Annex, Salt Lake City)

The festival features 22 shows from independent artists in its 10th anniversary.

## Assistance Resources

Please let us know if you are having difficulties keeping up with your rent.

We've partnered with [Flex](#) to give you flexibility in how you pay your rent.

### **General Assistance (Utilities, Food, Housing)**

[utahca.org/housing/](https://utahca.org/housing/) or call (801) 359-2444

[211utah.org/](https://211utah.org/) or call 211

<https://jobs.utah.gov/assistance/index.html>

### **Power & Gas Assistance**

<https://www.utahca.org/heat/>

### **Utah Department of Workforce Services Resources**

[jobs.utah.gov/](https://jobs.utah.gov/)

### **Food Resources, and Mobile Food Pantry Dates and Locations**

<https://www.utahfoodbank.org/programs/mobile-pantry/>

<https://www.utahca.org/nutrition/>