

At Home

Making the Most of Living in a Cowboy Properties Community
Aug. 14, 2026

Sleep Goals

Transforming your bedroom into a sleep sanctuary is the ultimate key to fabulous nights and refreshed mornings. Take advantage of end-of-summer sales to upgrade your space. Several Labor Day mattress sales are already live, Crate & Barrel bedding is up to 60% off and Wayfair bedding is up to 50% off.

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.

Gift Card Giveaway!

Fall is right around the corner and we're giving away two $50 Visa gift cards to fund your favorite fall activities. Click here to enter by telling us your favorite fall activity. You must be a current resident of a Cowboy Properties community to win. One entry per person. All entries must be in by 8 AM MT on Thursday, August 20.

Seven-Minute Sweat

We know how many of you are pressed for time and apartment space. The 7-minute workout, originally published in the American College of Sport Medicine's Health and Fitness Journal, maximizes the most of the time you can spend working out and doesn't take much space. Do each exercise below for 30 seconds, followed by 10 seconds of rest. All you need is a chair.

Jumping Jacks
Wall Sit
Push-ups
Crunches
Step-Ups (onto chair)
Squats
Tricep Dips (using chair)
Plank
High-Knees/Running in Place
Lunges
Push-up and Side-Rotation
Side Plank

Events of the Week

Celebrating the People Powwow
Aug. 15
Utah Cultural Celebration Center (1355 West 3100 South, West Valley City)
Contests and special events, artisans and food vendors.

Indian Food Fair
Aug. 15
Liberty Park (600 Harvey Milk Blvd, SLC)
Crowd favorites to regional specialties and sweet treats.

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.

Salt Lake City Tenant Resource Center

Power & Gas Assistance

Utah Department of Workforce Services Resources

General Assistance (Utilities, Food, Housing)
Utah Community Action or call (801) 359-2444
211utah.org/ or call 211
https://jobs.utah.gov/assistance/index.html

Food Resources, and Mobile Food Pantry Dates and Locations
https://www.utahfoodbank.org/programs/mobile-pantry/
FeedUT.org