Unlocking Restful Nights: “Leyla Weighs In” on Enhancing Sleep Quality through Exercise

written by Leyla Muedin MS, RD, CDN | August 15, 2025

Discover the power of exercise in combating insomnia! “Leyla Weighs In” exploring groundbreaking research on how exercise can help tackle insomnia. Learn why yoga, TaiChi, and jogging might be your best bedtime allies.