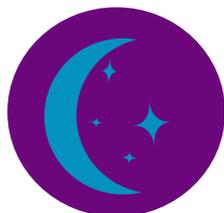


Are you getting enough sleep?

Helpful tips FOR A GOODNIGHT'S SLEEP



Relax and clear your mind in the evening



Stay away from caffeine late in the day



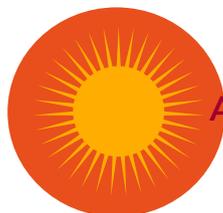
Exercise regularly, but not before bed



No devices before bedtime



Stick to a sleep schedule



Avoid naps, especially in the afternoon

Aged 18+
should aim for
7-9
hours sleep
each night

Sleep allows the body and mind to rest, repair, and recharge