

SLEEP!

A Recharged Body Refreshed Mind



Good sleep is more than just rest it's the fuel your body and mind need to perform at their best.



Stick to a regular sleep schedule - same bedtime and wake-up time, even on weekends.



NO

**CHATTING
GAMING
SCROLLING
IN BED**

Keep your bedroom clean, dark, and quiet for a calming environment



Switch off screens at least an hour before bed

Avoid heavy meals, coffee, or energy drinks right before bedtime.



Exercise helps you fall asleep faster and enjoy deeper rest.

