

A woman with long dark hair, wearing pink and white striped pajamas, is sitting in a meditative pose on a bed. Her eyes are closed, and her hands are raised in a mudra. The background shows a window with white curtains and a small potted plant on a table.

NIGHT NIGHT SLEEP TIGHT

PRACTICE GOOD

SLEEP HYGIENE

**FOOD BEFORE BED CAN HELP
OR HINDER SLEEP.**

**THE RIGHT EXERCISE ROUTINE CAN
HELP YOU WIND UP OR WIND DOWN.**

**TO SLEEP BETTER, POWER DOWN
FOR 30 MINUTES BEFORE BED.**

MAKE YOUR BEDROOM DREAMY.

**SOME LIKE IT HOT - BUT STAY
COOL FOR A SOUND SLEEP.**

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