

**NIGHT NIGHT SLEEP TIGHT**

**GET MORE**

**QUALITY SLEEP**

**1/3 OF CANADIANS ARE SLEEP DEPRIVED. ARE YOU ONE?**

**A SIMPLE AND RELAXING BEDTIME ROUTINE BENEFITS SLEEP AND PRODUCTIVITY.**

**BOOST YOUR MIND AND MOOD WITH A REGULAR 7-9 HOURS OF SLEEP PER NIGHT.**

**TAKE SMALL STEPS TO CLEAR THE CLUTTER - PHYSICAL AND EMOTIONAL.**

**A RELAXED STATE OF MIND MEANS A MORE RESTFUL SLEEP. LET IT GO.**

 **CORPORATE WELLNESS**  
MEMBERSHIP

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Nutrition | Balanced Lifestyle | Fitness