

Email Blurbs for Sleep Campaign:

Week 1 - What you eat affects your sleep. Learn what foods to eat, and what to steer clear of for a good night's sleep!

Week 2 – Make your bedroom more sleep friendly. Is your room set up to encourage a quality night's sleep? Learn about the key components to set yourself up for a healthy sleep.

Week 3 – In our productivity driven society, sleep is often sacrificed. We forget that sleep is a priority to! Learn how to adjust your lifestyle habits in small ways to wake up feeling refreshed and more productive than ever!

Week 4 – Remember the nights as a child with a warm bath and a bedtime story? When did we give up on the idea of a bedtime routine? Sound inviting? Create an adult bedtime routine to prepare your body and mind for sleep and enjoy the benefits of a deep slumber.