MENDING MATTERS 2020: Volume 1, Issue 4

A WEEKLY NEWSLETTER TO HELP YOU THROUGH THE WEEK.

QUARANTINE CHRONICLES

THIS WEEK: SLEEP TALK

Good Morning & Good Night!

Keeping a regular sleep schedule can be tough during this time. Can you relate?

Take the time to learn about sleep!

Here are some tips to help you think about why sleep habits matter!

HEALTHY CORNER

Sleep is so important!

Creating good sleep habits (called ***sleep hygiene***) can boost both our mental and physical health!

Getting a good night sleep can:

1. Put you in a better mood
2. Improve memory
3. Reduce stress
4. Fight infection

SLEEP TIPS

Looking for some purrrfect sleep?

Follow these tips below and see all the awesome benefits:

8-10 HOURS OF SLEEP AT NIGHT HELPS YOUR BRAIN AND MUSCLES GROW!

WAKE UP AND GO TO SLEEP AT THE SAME TIME EVERYDAY!

TOO MUCH SLEEP CAN MAKE YOU FEEL TIRED AND SLUGGISH

CREATE A RELAXING VIBE OPEN A WINDOW, TAKE A SHOWER, LISTEN TO CALM MUSIC!

DECREASE SCREEN TIME AT LEAST ONE HOUR BEFORE BED

AVOID CAFFEINE BEFORE BED (COFFEE, ENERGY DRINKS, SODA)

"A well spent day brings happy sleep."

- Leonardo de Vinci

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