

SLEEP WELL, LIVE WELL

01.

Why Sleep Matters

Quality sleep is essential for your body, mind, and performance.

When you don't get enough sleep, your:

- Focus & memory decrease
- Muscle recovery slows
- Hunger hormones increase
- Stress & mood swings worsen
- Immune system weakens



How Much Sleep Do You Need?

Age Group Recommended Sleep

18–25 years

- 7–9 hours/night

26–64 years

- 7–9 hours/night

65+ years

- 7–8 hours/night

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Tips For Better Sleep

1. Stick to a sleep schedule – Go to bed and wake up at the same time daily.
2. Unplug before bed – Limit phone, TV, and laptop use 30–60 min before sleep.
3. Create a calm environment – Keep your room cool, dark, and quiet.
4. Be mindful of caffeine – Avoid it 6+ hours before bedtime.
5. Move your body daily – Regular exercise improves sleep quality.
6. Eat smart at night – Avoid heavy meals and added sugar close to bedtime.



Signs You're Not Getting Enough Sleep

- Relying on caffeine to function
- Feeling groggy even after waking up
- Forgetfulness or poor focus
- Mood changes or irritability
- Falling asleep quickly when sitting still

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