

Benefits of Good Sleep



Less Stress



Healthier Weight



Better Day
at Work

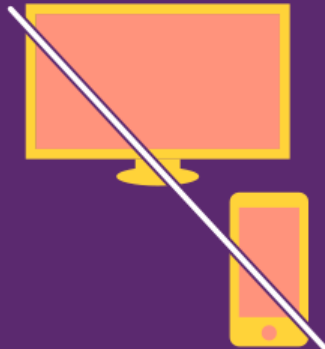
Tips for Good Sleep

PM



AM

Set Regular Sleep
and Wake Times



Turn off
Electronics



Avoid
Caffeine



Exercise

Good and Bad Foods for Sleep



Cherries



Milk



Bananas



Alcohol



Caffeine



Fatty Foods