

5 Benefits of Sleep

A GUIDE DESIGNED TO KNOCK YOU OUT



LEARNING

More likely to have personal growth for knowledge development



ATTITUDE

Improves your mood




HEALTH

Promotes a healthy lifestyle



DEVELOPMENT

Initates growth & maturation as we sleep




SELF-PERCEPTION

Increases overall confidence levels.

Promoting Sleep



Creating a Consistent Schedule for Positive Habits



Turn off your screen lights to avoid brain stimulation



Sleep in a quiet environment with minimal to no disturbances



Allow one dim night light and set a room temperature for below 74 degrees



Watermarkly