



Good Morning!

## Give yourself a chance to **rest and recharge**

If you often find yourself feeling physically worn down, irritated or mentally exhausted, you may need to build a new relationship with your sleep.

**A healthy night's sleep can help us relieve stress, improve our ability to concentrate and give us the energy we need to get through the day. So it's worth your time and attention.**

Instead of stumbling into bed at whatever o'clock, make your sleep time a regular routine, where you put all other distractions aside.

- ✓ **Keep your bedroom quiet, dark and cool.**
- ✓ **Make it your sanctuary – a dedicated sleep space, free from TV, cell phone or laptop screens.**
- ✓ **Do a pre-slumber wind down with meditation, a hot bath or a warm, caffeine-free beverage.**
- ✓ **Consider 15-30-minute naps earlier in the day to make up for lost sleep.**

The amount of sleep a person needs can vary, but adults should generally **aim for 7-8 hours a night**. Make sure to get what you deserve.

CLICK THE LINK TO TAKE A SHORT QUIZ TO PROVE COMPLETION:  
<https://www.surveymonkey.com/r/TH3MPRY>

### Monthly observances

January:

[Cervical Health Awareness](#)  
[Birth Defects Prevention](#)  
[Glaucoma Awareness](#)

February:

[American Heart Month](#)  
[Children's Dental Health](#)

March:

[Colorectal Cancer Awareness](#)  
[National Nutrition Month](#)  
[National Kidney Month](#)