

Sleep Health - Recharge Your Body and Mind



Why Sleep Matters

Sleep is not just rest — it's *recovery*. During sleep, your body repairs tissues, builds immunity, balances hormones, and refreshes the brain. Good sleep keeps you alert, emotionally stable, and physically strong

How Much Sleep Do You Need?

Sleep needs vary by age. Adults generally need **7–9 hours** each night. Teens require about **8–10 hours**, while children need even more. Consistent, quality sleep supports growth, focus, and overall health.



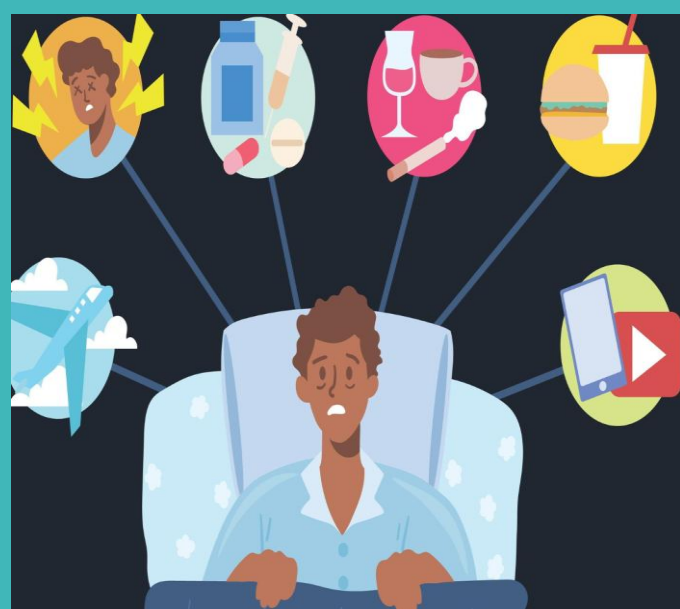
Signs of Poor Sleep

Feeling tired all day?
Trouble concentrating or frequent mood swings?
Those are red flags. Other signs include headaches, weakened immunity, and irritability. Your body's way of saying, "*I need rest!*"



Building Healthy Sleep Habits

Create a calming bedtime routine: Go to bed and wake up at the same time daily. Avoid caffeine or heavy meals before bed. Keep your room dark, quiet, and cool. Limit screen time at least 30 minutes before sleeping. Small changes = better sleep quality



When to Seek Help

If you often struggle to fall asleep, snore loudly, or feel exhausted even after sleeping, you may have a sleep disorder. Don't ignore it — talk to a healthcare professional. Proper help can transform your rest and your life.

*"Sleep well. Live well.
Your best self begins with rest."*