

# Prioritize **SLEEP!**

The recommended sleeping time is 7-9 hours. It's very individual but our bodies need a good night sleep to maintain our health and even take care of our mood and stress levels. Many systems work in our body when we sleep, taking care of digestion processes, releasing toxins, maintaining memories and even restarting our systems for the following day.

## What can help us sleep better?

If possible, try to get some real sunlight (not florescent light) from staying outside for at least 15 minutes. This is important for melatonin production. If you have trouble sleeping, try some sleep time meditations. Disconnect from your mobile device at least one hour before you go to sleep, as the blue light from your screen suppresses melatonin. If you must have your phone with you, use it, but turn on 'night mode' to minimize the distractions.



Let's  
**TAKE  
FIVE**  **5**