



## 8 Dimensions of Wellness

# PHYSICAL



WEEK 4 - DAY 4

## WORKSITE

### ARE YOU...

1. Getting enough sleep?
2. Avoiding exercise within a few hours of bedtime, as well as "screen time"?
3. Avoiding large meals before going to bed?



Sleep Benefits & Importance

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**SLEEP & WELLNESS:  
ADULTS NEED BETWEEN  
7-9 HOURS OF SLEEP  
PER NIGHT**

*Click here*

[Mayo Clinic Sleep Tips](#)



**"SLEEP IS AN  
INVESTMENT  
IN THE  
ENERGY YOU  
NEED TO BE  
EFFECTIVE  
TOMORROW."  
- TOM ROTH**

### Tips

- Go to bed & wake up at the same time each day
- Keep the room dark
- Limit screen time
- Be active during the day



Presented by:

**The Partnership**  
for a Healthier Carroll County



EMOTIONAL



SPIRITUAL



INTELLECTUAL



PHYSICAL



ENVIRONMENTAL



FINANCIAL



OCCUPATIONAL



SOCIAL