

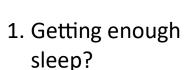
8 Dimensions of Wellness

PHYSICAL



WEEK 4 - DAY 4

WORKSITE



ARE YOU...

- 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**

CLICK HERE



SLEEP & WELLNESS:

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



Mayo Clinic Sleep Tips



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

- 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:

he Partnership

for a Healthier Carroll County

















SPIRITUAL

INTELLECTUAL

PHYSICAL ENVIRONMENTAL FINANCIAL OCCUPATIONAL

