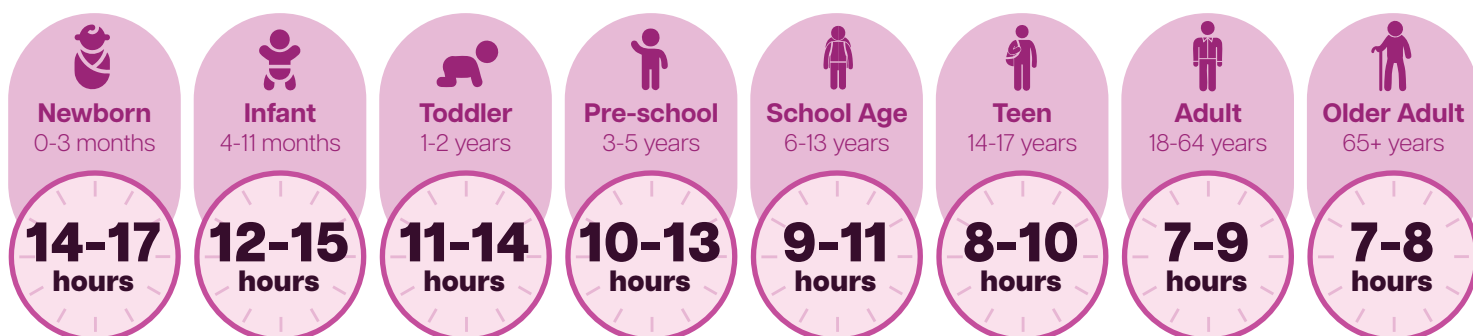


GOOD SLEEP

SLEEP ON IT: YOU NEED YOUR REST

How much sleep do we need?

In today's fast-paced world, sleep often comes second to work, social life, and excessive screen time. But lasting health and happiness begin with getting the right amount of rest.



Awaken these Sleep Benefits



Health Booster

Strengthens your immune system



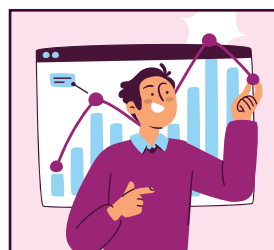
Sharper Mind

Improves your memory and sharpens your thinking for clearer learning and problem-solving



Mood Lifter

Boosts your positivity and happiness



Increased Productivity

Makes you sharper, more creative, and less prone to mistakes



Aids in Weight-Management

Balances your hunger hormones, helping you to make healthier food choices and avoid late-night snacking

i

Stressing about sleep can make it harder to rest. Listen to your body's cues and be gentle with yourself.



STEP 1

Take this Quiz to test your knowledge!

for.sg/quiz-goodsleep



STEP 2

Visit the Health Library for more tips & resources.

for.sg/ht-health-library