



SLEEP

THE PURSUIT OF WELLNESS



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The average person between the ages of 16-65 needs _____ hours of sleep a night.

Answer: Six to nine

www.pharmasave.com
Pharmasave pamphlet

True or False? If you aren't sleepy you should just force yourself to go to bed/sleep.

Answer: False

www.drweil.com

_____ % of adults experience insomnia in any given year

- A. 10-20%
- B. 20-30%
- C. 30-40%
- D. 60-70%

www.pharmasave.com
Pharmasave pamphlet

Which two of the following does not interfere with sleeping?

- A. Outside time
- B. Worries
- C. Watching lots of T.V.
- D. Routine

www.drweil.com

Which of the following are benefits of getting a good night's sleep?

- A. Improved memory
- B. Improved grades
- C. Live longer
- D. All of the above

www.sleepeducation.org

What are some examples of good snacks to eat closer to bed time?

- A. Half a turkey sandwich
- B. A small bowl of whole grain cereal
- C. Granola with milk or yogurt
- D. A banana
- E. All of the above

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You should limit consumption of _____, and alcohol to help you sleep better?

- A. Caffeine
- B. Milk
- C. Nicotine
- D. Decaf tea

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True or false? Humans spend a third of their life sleeping, about 25 years.

Answer: True

<http://science.education.nih.gov/supplements/nih3/sleep/guide/info-sleep.html>

Sleep allows the body to:

- A. Recover Tissue
- B. Increase energy levels
- C. Recover from illness
- D. All of the above

<http://science.education.nih.gov/supplements/nih3/sleep/guide/info-sleep.html>

True or false? A hot bedroom is a better sleeping environment.

Answer: False

<http://science.education.nih.gov/supplements/nih3/sleep/guide/info-sleep.html>

“Sleep is the best meditation.”
- Dalai Lama

“Your future depends on your dreams,
so go to sleep.”
- Nesut Barazany