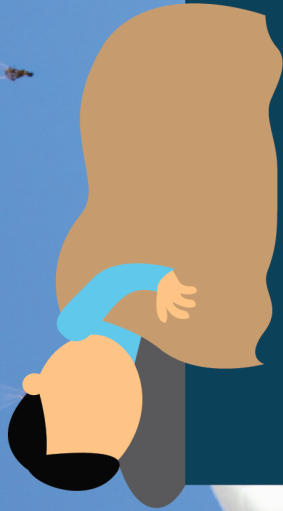


OPERATION SNOOZE

Execute the 'Three ZZZ's Snooze' strategy and achieve your mission - 'sleep long, sleep easy'



Why?

Sleep is vital to maintain our physical, emotional and psychological wellbeing - don't fall into sleep debt



The Three ZZZ's

Zzzzone

Create a blissfully relaxing sleep environment

- 01** Reduce light sources in your room - remove the TV and other screens
- 02** Tidy up - create a de-cluttered serene place for sleep
- 03** Go Gadget free - yes really! Ban phones, tablets and other distracting devices

Zzzzed's

Prepare your self for Zzzzed's and get ready to knock out some quality Zzzzed's

- 01** Get a decent daily dose of daylight to stimulate waking brain during the day
- 02** Get active and get outside immediately upon waking up - whatever the weather
- 03** Think 'baby' - develop a relaxing pre-zzzedtime routine bath, bottle (not alcohol!), then bed



Become a sleep
Zzzzen
Master

Journal - do a pre-zzzedtime brain dump and get those thoughts and worries out of your head

Re-learn the art of relaxation throughout your day - listen to guided relaxations, practice doing nothing more often

Don't toss and turn if you wake during the night - get up and sit quietly until the sleep wave returns.

Your mission should you choose to accept it... 'sleep Long, Sleep Easy'