

Sleep is a major component of health and well-being! It is a time for our body to compartmentalize the day, regenerate and make space for the day to come. Carving out **7-9 regularly-timed hours for rest is ideal!**

Challenge yourself to devote 30 minutes of relaxation time before bed as part of your regularly-timed sleep schedule. You may consider meditative resources from the

Resiliency Center

Mediative Body Scan Audio

Consider S.M.A.R.T Goal Setting?

