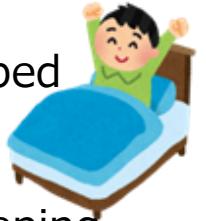


**Thank you for your understanding and cooperation with the Health Service Center!**

Sleep quality is essential for us to lead a fulfilling life. If you can get the best sleep for yourself, your performance during activities will improve. Get a good night's sleep and lead a fulfilling life.

**Do you have any of these symptoms?**

- ☐ Takes you a long time to fall asleep after getting into bed
- ☐ You feel that you do not get enough sleep
- ☐ Dissatisfied with the overall quality of your sleep
- ☐ Temporary cessation of breathing or snoring while sleeping
- ☐ Feeling depressed
- ☐ Feels like your performance during the day is declining.
- ☐ Sleepiness occurs during the day or suddenly become drowsy.



**Try our tips for a good night's sleep!**

## Morning

Get some sun after you wake up.

Do not sleep in on holidays.

Spend time in the sun.

Breakfast is the start of the day; eat all three meals at the same set times!

## Afternoon

If you are sleepy, take a 20-30 minutes nap

Start with 10 minutes! Start walking or jogging.

Avoid caffeine in the evenings or later.

## Evening

Stop drinking alcohol to sleep.

Don't watch TV or cell phones before going to bed.

Go to bed after you feel sleepy.

**Q&A about Sleep**

**Q1\_Do you gain weight if you don't sleep?**

A1\_Yes. When you sleep less, leptin secretion decreases, making it harder to suppress your appetite. It also increases ghrelin secretion and stimulates appetite.

**Q2\_Will weekend catch-up sleep fix sleep deprivation ?**

A2\_No. Catch-up sleep can cause a disruption of the body's internal clock and lead to jet lag. It has been reported that adults who sleep about 7 hours have the lowest health risk.

**If you are still unable to sleep after adjusting your lifestyle, consult your healthcare provider.**