

POWERFUL PERFORMANCE

EAT WELL | SLEEP WELL



PROMOTES GOOD SLEEP

STOP EATING EARLIER



Stop eating at least 3 hours before going to bed. Choose light snacks that are low in sugar.

KEEP A REGULAR SLEEP SCHEDULE



A late sleep schedule is correlated with a higher risk of weight gain.

EXERCISE



Exercise decreases sleep. The effects of aerobic exercise on sleep appear to be similar to those of sleeping pills.

IMPAIRS GOOD SLEEP

LATE NIGHT EATING



Large meals in the late evening can impair sleep. Larger energy levels are needed to digest heavier foods.

ALCOHOL



Alcohol is associated with poor sleep quality and increased sleep disturbances.

CAFFEINE



Increases the amount of time it takes to fall asleep and reduces your sleep quality.

For more information, please visit your local **Semper Fit**

MOCS
SEMPER FIT