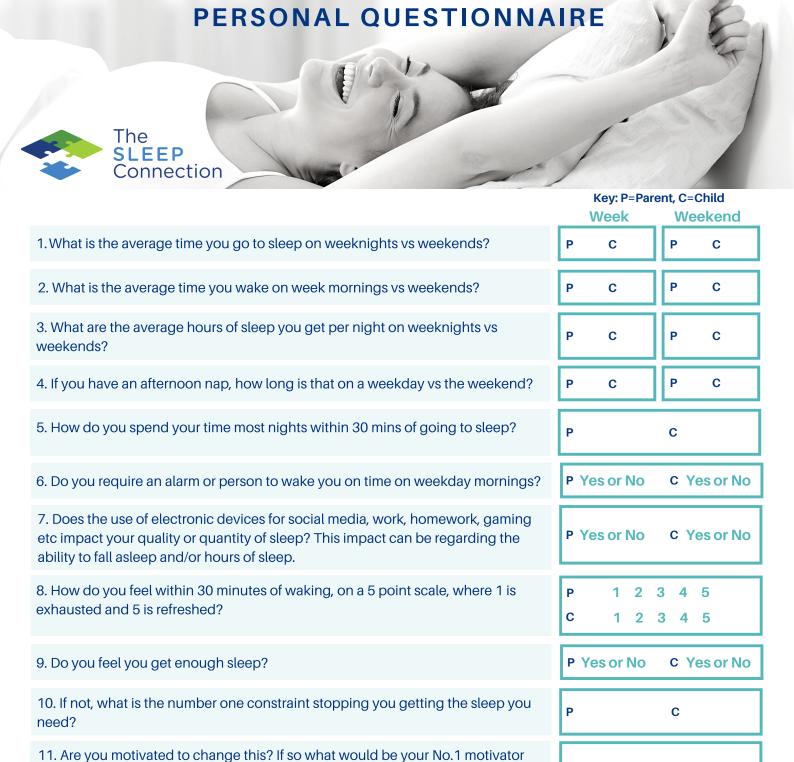
SLEEP FOR BETTER HEALTH, RESILIENCE AND PERFORMANCE



quantity of your sleep?

relationships, concentration at work/school, academic or sports performance.

12. What are 1-2 actions you aim to take in order to improve the quality and/or

for you getting more sleep? For example: energy, mood, mental health,

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13. What is the key insight you have learned from this session?

Lisa Maltman Founder & Owner, The Sleep Connection

thesleepconnection.com.au linkedin.com/in/lisa-maltman