

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

Going to bed later or getting less than the recommended 7-9 hours of sleep increases risk for weight gain.



EXERCISE

Regular exercise decreases issues with insomnia or falling asleep.



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**

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