

Get Enough Sleep

Do you know?

Getting 6 to 8 hours of quality sleep helps with your journey towards healthy weight loss.



Tips to get adequate & quality sleep

- 01 Keep a regular sleep schedule
- 02 Sleep in a dark & comfortable environment
- 03 Limit daytime sleep 30 minutes to 1 hour only
- 04 Follow a routine to help you relax before sleep (Eg: reading or listening to music)
- 05 Get regular exercise, but not within 2-3 hours before bedtime



Tips to get adequate & quality sleep

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Avoid certain food that might affect sleeping quality before bed such as:



Caffeine containing food



Heavy Foods



Spicy Foods



High Sugar Foods