

## **Sleeping Well** MIND SWEEPER DID YOU TAKE TIME TO RELAX YOUR MIND BEFORE BED?



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## **December 7 - 11**

Having trouble falling asleep? This week, we're

challenging you to quiet your mind and drift off to

dreamland. Try new calming techniques to each day.

## 1. Go to **Challenges** to join.

2. Get fun tips.

3. Track to earn 200 points.

Looking to join? Go to join.virginpulse.com or the Virgin Pulse mobile app





