

MIND SWEEPER

DID YOU TAKE TIME TO RELAX YOUR MIND BEFORE BED?

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

