

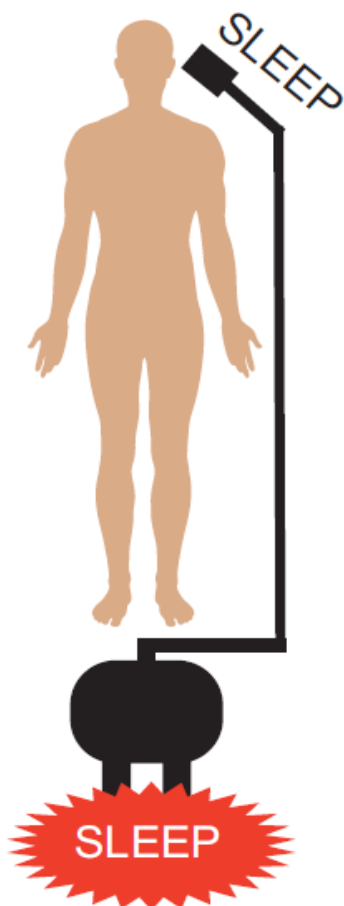
Sleep is the Energy for Your Brain

Sleep
Well



Learn
Well

Your body needs recharging...

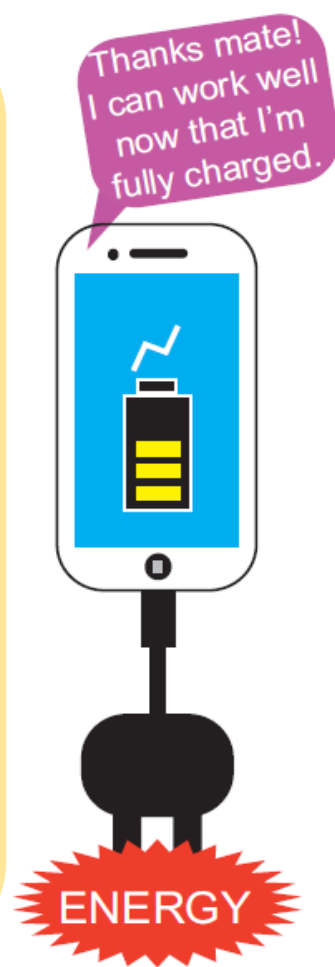


Just like your phone that needs charging with **Energy** (electricity), you need to recharge your body and mind every night with a **Good Night's Sleep**.

Sleep improves your memory and learning

Sleep helps you grow well and maintain good health

Sleep assists your body repair and boosts your immunity to fight off infections



Try to get 8 to 10 hrs of sleep every night

Download the free iBook
'How to Sleep Well and Stay Healthy- a Guide for Teenagers', version 2
onto your iPad, iPhone and Mac.