

# THE PULSE

WELLBEING NEWS IN A MINUTE

## THIS MONTH'S FOCUS:

### REST & RECOVERY



## THE IMPORTANCE OF SLEEP

Not getting a good night's sleep or having a solid sleep routine can actually impact your physical health. It can actually increase your risk for obesity, type 2 diabetes and concentration/memory problems.



**CHECK OUT THIS VIDEO FROM JOHNS HOPKINS SLEEP EXPERT CHARLENE GAMALDO IF YOU HAVE TROUBLE SLEEPING.**

## READS & SOUNDBITES



### Reads:

- Rest: Why you get more work done when you work less by Alex Soojung-Kim Pang

### Soundbites:

- Slow Radio, BBC Radio 3

## BE AT YOUR BEST

Some rest and recovery (R&R) is important to be more creative, productive and less stressed. Don't become emotionally exhausted or forgo a good night's sleep. Focus on you.

