



Corporate Bodies International

[CBI Home](#)[Past Emails](#)[Program Enquiries](#)[Contact Us](#)

Welcome to your
Corporate Bodies
International Fortnightly
Health Email

Fortnightly Challenge

Make your bedroom
into a sleep sanctuary
by following our tips.



**Corporate Bodies
International**

Phone: 1300 21 31 41

Fax: (02) 9439 9366

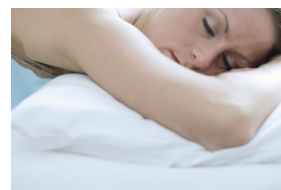
Email: [click here](#)



**Corporate
Bodies
International**

This fortnight's healthy topic...

Feeling Sleepy?



Are you always tired?

Regular sleep deprivation can have serious affects on your health.

Along with the better known effects of tiredness, sleep deprivation can also cause short term memory problems, raised blood pressure and concentration problems.

If you are having trouble sleeping, you may want to look at the following areas:

- Decorate your bedroom in subdued colours, like navy or midnight blue.
- Play calming music to create a relaxed atmosphere.
- Remove the computer or TV from the bedroom.
- Write down your thoughts so they don't constantly whirl around, keeping you awake and worrying.
- Ensure you have the room at a comfortable temperature.
- Create free flowing air either from an open window or with a fan.
- Sleep in comfy clothing that is light and easy to move in.
- Invest in a good quality mattress and pillow!
- Avoid stimulants such as caffeine and nicotine.

Here's to demystifying another health topic!

Yours in Health, **The Corporate Bodies Team.**

Please visit our website www.corporatebodies.com.au or contact us on Ph: 1300 21 31 41.

To unsubscribe from this email, please reply to this message with 'unsubscribe' in the subject field. Please allow up to 4 weeks for this change to take place.