

# WELLBEING TIPS



## SLEEP AND HEALTH

During this time where we are all focused on our health, one thing you can really do to help yourself is to **sleep well**.

[https://www.psychologytoday.com/  
us/blog/sleep-newzzz/202003/  
how-you-can-use-sleep-fight-back-against-coronavirus](https://www.psychologytoday.com/us/blog/sleep-newzzz/202003/how-you-can-use-sleep-fight-back-against-coronavirus)