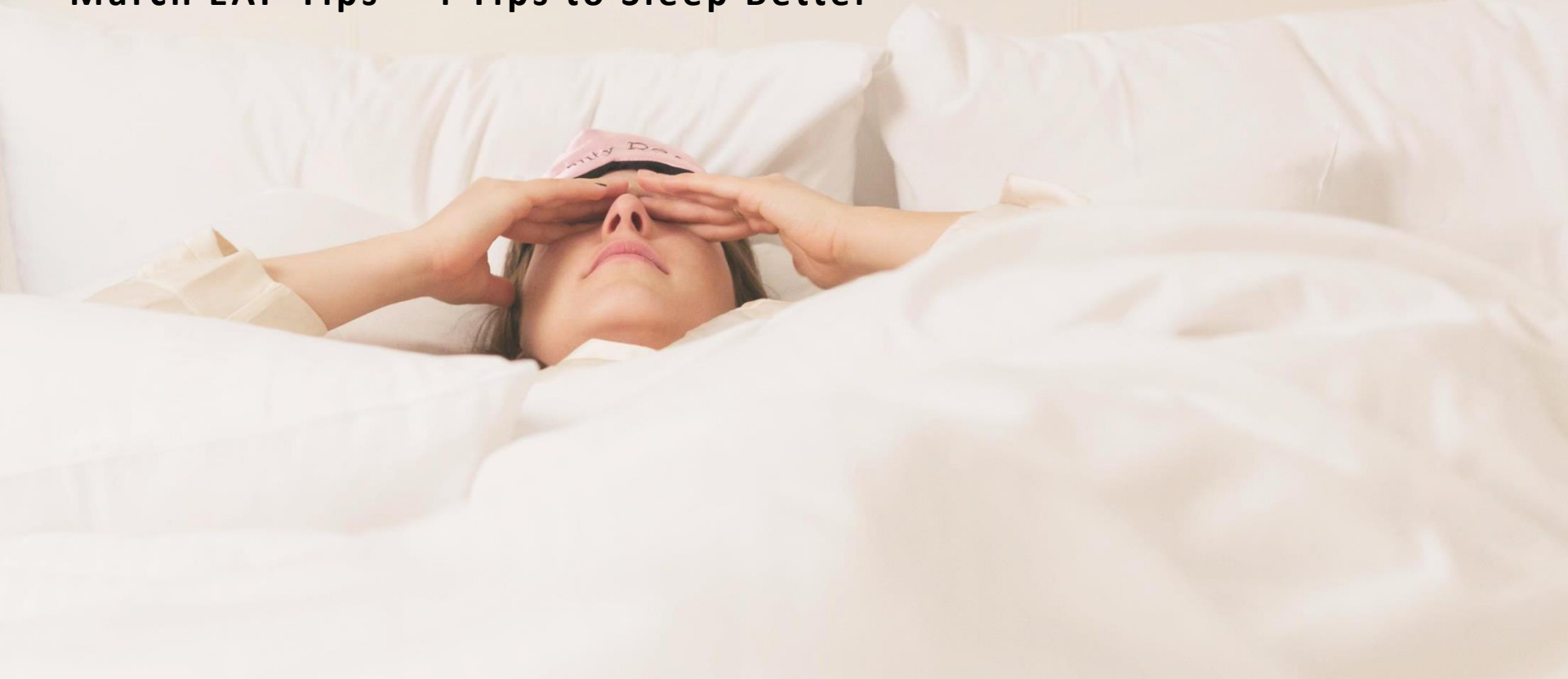


March EAP Tips – 4 Tips to Sleep Better



1. Have a 5-min breathing exercises before bed to relax your mind and fall asleep.

Reprinting of the article with the source stated is welcomed

If you are interested to know more about “**4 Tips to Sleep Better**”, please call our **24-hour EAP hotline (Tel: 2721 3939)** for Work/life Information, Coaching, Counselling and Consultation services.

All information will be kept in **STRICT confidence**.



2. Write down things you need to complete on a to-do list to off-load stress and help you sleep better.



3. Switch off your computer and phone, put aside the stressors and enjoy the relaxing moment.



4. Keep your bedroom ventilated, quiet and dark to help you sleep through the night.

三月 優質生活小貼士 - 一夜好眠四招式



1. 睡前5分鐘腹式呼吸練習，讓大腦慢下來更好眠。

歡迎轉載，惟必須註明出處。

若對「一夜好眠四招式」有任何疑問，可致電**24小時EAP熱線**
2721-3939，與顧問詳談。所有資料及談話內容均**絕對保密**。



2. 寫下明天重要事項，釋放壓力，放心入睡。



3. 把電腦和手機關機，讓壓力來源放到一邊，感受輕鬆的一刻。



4. 保持睡房通風清爽、安靜、昏暗，讓你一覺到天光。