

SLEEP IS THE FOUNDATION

OF HUMAN HEALTH & HAPPINESS

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Sleep and mental health is a two-way relationship that requires a holistic approach. Keeping a sleep diary is an easy way to track how much and how well you are sleeping and how you are feeling. Feeling overwhelmed and experiencing disrupted sleep? Reach out to the Community Counseling Center to schedule an appointment to learn ways to tackle a persistent stressor in your life. Contact Semper Fit for sleep coaching and to learn more about sleep and the strategies to get a better night's rest.



**LIFE
SATISFACTION**

**EMOTIONAL
REGULATION**



**POSITIVE
INTERACTIONS**

**POSITIVE
THINKING**



**LIVE
LONGER**

**LESS
SICKNESS**



**CLEAR
THINKING**

**POSITIVE
ATTITUDE**



For more information, visit or contact your local [Semper Fit](#).

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