



Sleep Well. Feel Better. Thrive Daily.

Quality sleep isn't a luxury - it's a powerful foundation for your mental and emotional wellbeing. Consistent, restorative sleep plays a vital role in regulating mood, improving concentration, and strengthening resilience.

Here are some sleep hygiene tips that can help contribute to a better night's rest:



Stick to a consistent sleep schedule by going to bed and waking up at the same time every day.



Create a wind-down routine by choosing calming activities, such as reading or deep breathing, before bed.



Make your sleep environment work for you by keeping your space cool, dark, and quiet.



Avoid screens in the hour before bed to help your mind and body prepare for sleep.

If you regularly experience difficulty sleeping, consider consulting a doctor or mental health professional. High stress levels can also contribute to poor sleep. Remember, through your **Universal Employee Wellness Programme (EWP)**, you have access to confidential counselling support to help you manage stress and improve your overall wellbeing.

To access this support:

Call toll-free on **0800 390 003** / Send a 'Please call me' to ***134*952#**
E-mail ewp@universal.co.za



The Universal EWP
Always there for you!

Watch orientation video

