Sleep and You!

This document will help you layout the bulletin board with the enclosed, coordinating pieces, helping you create an aesthetically pleasing look. The materials are labeled and suggestions for additional layout ideas are shared below.

Suggested Layout

Laying materials out in this format will share your message in the most informative manner, while also catching your employees’ eyes!

Sleep

Sleep

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Bulletin Board Materials

- Causes of Poor Sleep................................. 2 pages
- Thieves of ZZZs....................................... 1 page
- Getting Your 40 Winks ......................... 2 pages