

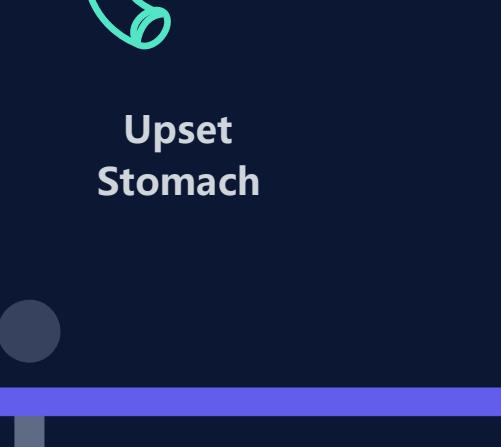
No More Late Nights

You are suffering the effects of late nights



- 1· Increase in irritability.
- 2· Dullness of skin.
- 3· Weight gain.
- 4· Hair loss.
- 5· Decreased libido.
- 6· Overall weakness.
- 7· Mess up your digestive system.

Reason



Stress from poor financial decisions and heavy work load can actually lead to sleepless nights as an unforeseen force.

Harm



Worse Mental Clarity



Obesity



Skin Problems



Upset Stomach



Poor Eyesight



Immunity Decrease

Methods

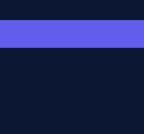
1 Phone and work away



2 Peaceful relaxation



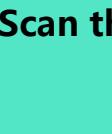
3 Listen to music



4 Focus on today



5 Sleep in quiet and darkness



Remedies

More Sleep



Snooze after lunch

Balance Diet



More vegetables and fruit

Healthy Drinks



Herbal tea helps relax your body

1

2

3

4

5

1

2

3

4

5

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

24

25

26

27

28

29

30

31

32

33

34

35

36

37

38

39

40

41

42

43

44

45

46

47

48

49

50

51

52

53

54

55

56

57

58

59

60

61

62

63

64

65

66

67

68

69

70

71

72

73

74

75

76

77

78

79

80

81

82

83

84

85

86

87

88

89

90

91

92

93

94

95

96

97

98

99

100

1

2

3

4

5

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

24

25

26

27

28

29

30

31

32

33

34

35

36

37

38

39

40

41

42

43

44

45

46

47

48

49

50

51

52

53

54

55</