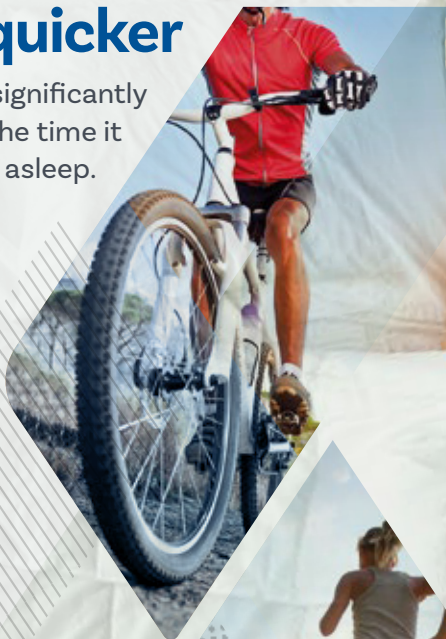


sleep better through exercise

There is strong evidence that moderate-to-vigorous physical activity improves the quality of sleep in adults

quicker

Exercising significantly reduces the time it takes to fall asleep.



better

Exercising has positive effects on sleep quality, an effect that increases as you get older.



lifestyle changes

Engaging in physical activity at intensities lower than those recommended in the physical activity guidelines will help.



stay awake better, too

Better quality deep sleep ensures that you are properly rested and alert for the rigours of your day.

