



The  
**PTI BUZZ**  
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IF you are getting 7- 8 hours of sleep and are still tired:

## Energize Your Eating

**Eat Balanced Meals Regularly-** provides your body-especially and brain-with access to a steady supply of energy throughout the day

**Quench Your Body's Thirst-Hydrate** with water!!!! keeps you clear and energetic

**Control Caffeine-** too much of this can interfere with a good night sleep

**Watch your Alcohol intake-** though it helps you fall asleep your sleep becomes shallow and easily interrupted.

**Rely on a Multi for B Vitamins-**The body needs B vitamins to process energy and keep you mentally alert.

**Regular exercise is better at upping energy than stimulants. Take a walk instead of a nap and you will feel invigorated.**

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