



Good sleep changes  
everything, including  
maintaining heart  
health!

**Lack of sleep affects our  
ability to be present, focused,  
and inspired**

Headspace offers meditations, sleepcasts, wind downs,  
and sleep music so you can put your mind to bed.



The best part? It's free for part-time and full-time Associates through Compass Group. Scan the QR code to join.

<https://compassgroup.bswift.com/>