

HOW WELL DO YOU SLEEP?

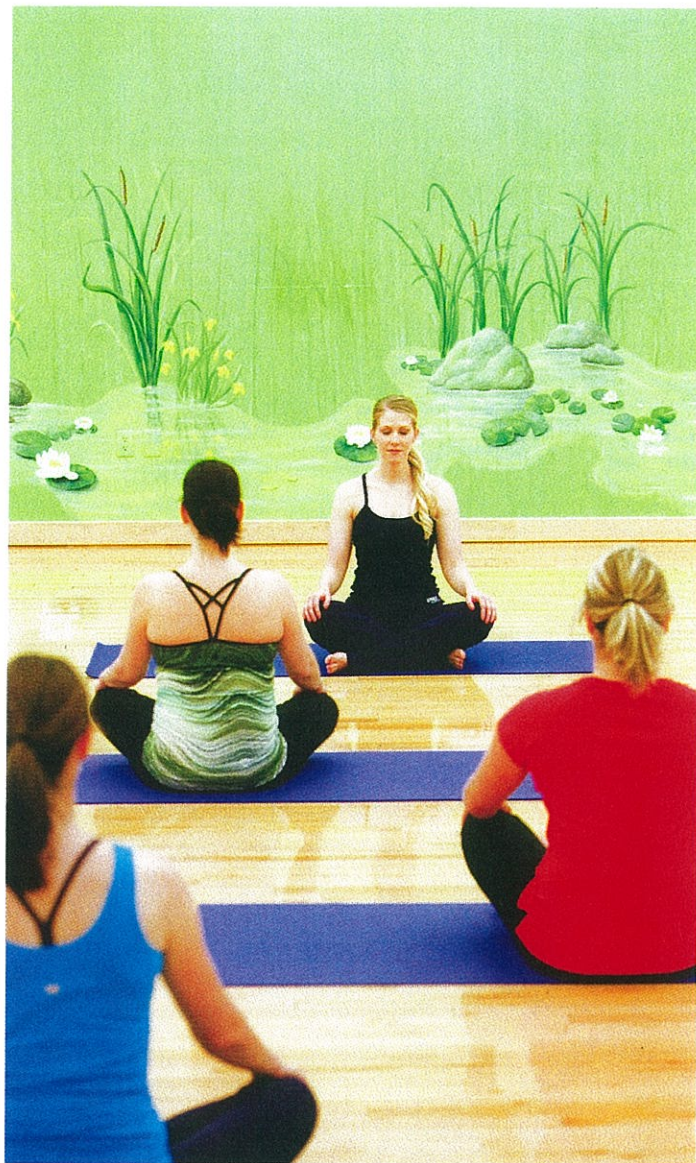
- 1. When you hit the sheets, you:**
 - a. Fall right to sleep.
 - b. Fall asleep but can't stay asleep.
 - c. Count sheep for hours, then finally fall asleep.
- 2. When the alarm clock rings, you:**
 - a. What alarm clock? I don't need one.
 - b. Get right out of bed or occasionally hit snooze.
 - c. Hit snooze as much as possible and reluctantly roll out of bed.
- 3. When the clock strikes 3 p.m.:**
 - a. You have the energy to exercise, if you didn't already squeeze in a morning workout.
 - b. You feel a little sluggish but a quick walk, healthy snack, or change of task keeps you going.
 - c. You reach for a sugary or caffeinated pick-me-up.
- 4. You drink coffee or another caffeinated beverage:**
 - a. Once in a while.
 - b. One cup most mornings.
 - c. Throughout the day and into the afternoon or evening.
- 5. On the weekends, you:**
 - a. Wake up around the same time as you do during the week.
 - b. Stay up later than weeknights so you might sleep in a little longer too.
 - c. Sleep all morning playing catch-up for the week's deficit.

IF YOU ANSWERED...

Mostly a's: Congratulations! You're getting enough sleep. Most people need between seven to nine hours of sleep per night. However, just make sure you're not overdoing it. Too much sleep may also take a toll on your overall well-being.

Mostly b's: You could use a little help, but it's not impacting your life a great deal. Practice a few yoga poses or light stretching before bedtime or when you can't stay asleep, and assess whether you need to get more or less exercise to improve your sleep.

Mostly c's: Time for a sleep intervention! Sometimes life gets in the way, but make sleep a priority and address any exercise, diet, and lifestyle choices that might have an impact. Any of the yoga poses mentioned can help if you cannot fall asleep, stay asleep, or if you just need some bedtime relaxation.



SLEEP SOUNDLY WITH YOGA

A workshop with Andrea Cirignano



Sunday, June 9

11 a.m. – 1 p.m.

\$30

Yoga Studio, Bellevue

Learn how yoga can help improve your quality of sleep. This workshop features a combined lecture with a gentle, all-levels yoga practice. The practice includes poses which have been shown to relax the mind and body for better sleep. Learn several poses to do before bedtime and small lifestyle changes that can help improve the quality of your sleep.

With your registration, receive \$15 off a PROfusion punch card and 20% off select yoga items in the Pro Shop on the day of the workshop. Questions? Please contact Andi Wardinsky at awardinsky@proclub.com or (425) 895-6578.