

# Be good in **BED!**

Join the sleep challenge before Feb 7!

- ✓ Set a personal sleep goal
- ✓ Receive tips to improve sleep quality
- ✓ Increase focus and alertness
- ✓ Challenge your colleagues
- ✓ Earn points for the Black Dog Institute



**\$1,000** in prizes!

DYMOCKS

pillow talk

SHERIDAN  
EST. 1967



**Life**  
HEALTH AND WELLBEING  
By MetLife

Register **NOW!** [life.hq.io](https://life.hq.io)