



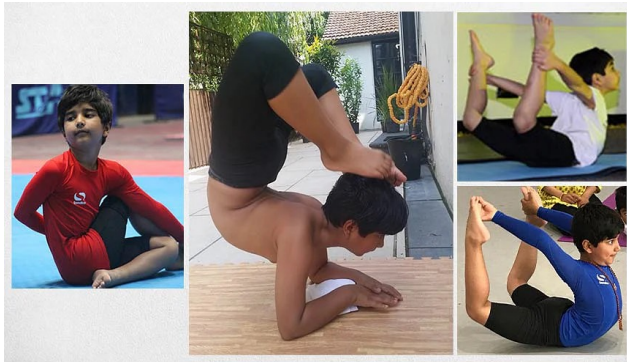
## THE BIG QUESTION

### HOW MUCH SLEEP SHOULD YOU GET EACH NIGHT?

**If someone is not getting enough sleep every day then they could have memory problems, slowed thinking, a lack of energy, or even mood changes.**

How many hours should you be getting every day? How can you help get enough sleep?

### Our Core Value Champion



Ishwar Sharma, aged 11, from Kent, is a young yoga champion with autism and ADHD who has led daily yoga classes for 40 children across 14 countries during lockdown.

Inspired by seeing his Dad practising yoga daily, Ishwar started taking up yoga when was three years old, and is already a three-time World

Yoga Champion. Wanting to help other children with yoga, particularly those with special needs like himself, he began hosting free online classes which were already proving a success before the start of the Coronavirus pandemic. Since then, his virtual sessions have been even more vital, with Ishwar passionate about promoting both the mental health and physical health benefits of practising yoga.



1

WHY IS EXERCISE  
GOOD FOR YOU?

2

WHAT CAN YOU DO TO  
HELP YOU GET A BETTER  
SLEEP?

3

WHAT ARE THE  
BENEFITS OF GETTING  
A GOOD NIGHT'S  
SLEEP?