

March 16, 2023

Good morning, it's Irene Qiu from 731, and I'm here on this Thoughtful Thursday on behalf of the S.E.A.L Team.

Did you know this week is Sleep Awareness Week? As the Dalai Lama once said, 'Sleep is the best meditation.' While some people may find it easy to get a good night's sleep, many others struggle with sleep disorders or irregular patterns that can have significant long-term effects on their health. That's why Sleep Awareness Week aims to educate people about these issues and provide strategies for improving sleep habits.

Getting enough sleep is essential for many reasons. It helps your body and mind repair and restore themselves, boosts your immune system, and allows you to be more productive and focused during the day. Additionally, good sleep hygiene is linked to better mental health and reduced risk of chronic diseases.

So, make sure you get a good night's rest tonight!

Thank you for listening, and I hope you have a Tranquil Thursday 😊

SEAL Team pledge:

We are the Dyker S.E.A.L. Team

Positivity is our dream

We teach it every day

To help others live the optimistic way

We learn to control our emotions and feelings

So, we always have effective social dealings

No stone left unturned; no person left behind

Every member of our team has the power to be kind

We spread kindness to our friends, families, and those who need a smile

When facing hardships and adversity, the S.E.A.L. Team goes the extra mile

