The Benefits of Sleep

Improves memory

Improves mental health
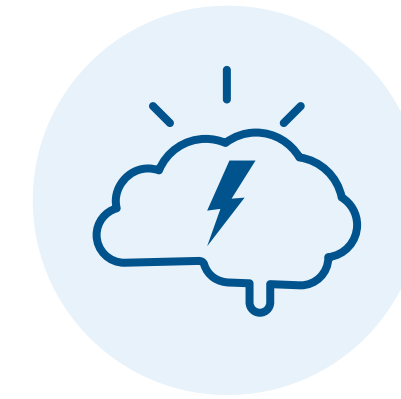
Enhances decisions

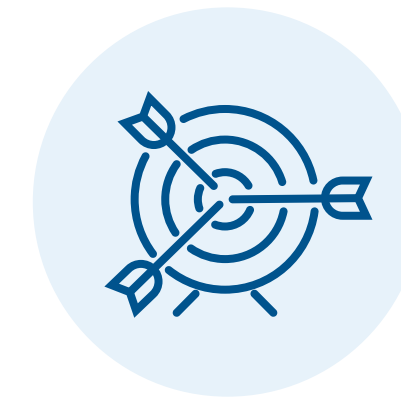Decreases stress

Increases energy

Improves sports performance
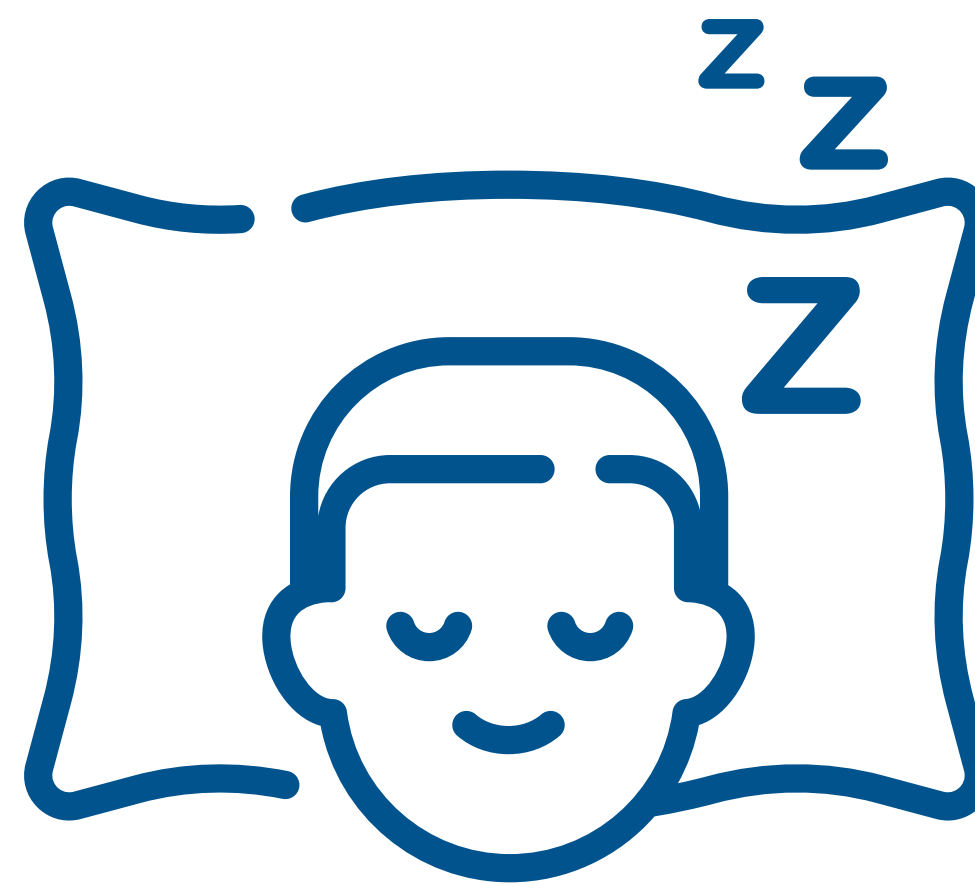
Repairs muscles

Enhances creativity

Boosts brain power

Focusses attention

BRISBANE GRAMMAR SCHOOL

BOARDING