Week 2:
Feeling drowsy during the day?
You're probably not getting enough sleep. Experts suggest you sleep about eight hours each night to keep from feeling tired during the day. Sleep quality is just as important as quantity. Frequent interruptions while sleeping result in not getting quality sleep. If you face frequent sleepiness during the day—even after increasing the amount of quality sleep you get—talk to your doctor for advice on how to get more zzzs.
Source: Mayo Clinic

Tip of the week brought to you by:
The Prairie View A&M University Office of Human Resources, Blue Cross Blue Shield of Texas, & the PV Pathway to Wellness Initiative, join us on the journey!