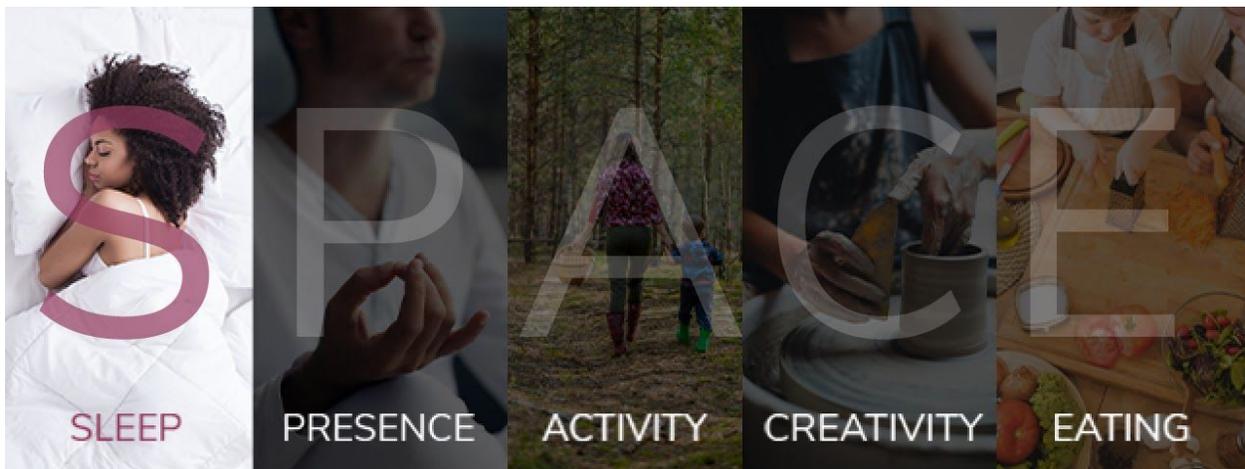


purposeful Living

Purpose gives you the SPACE you need to live a bigger, restful, and more meaningful life

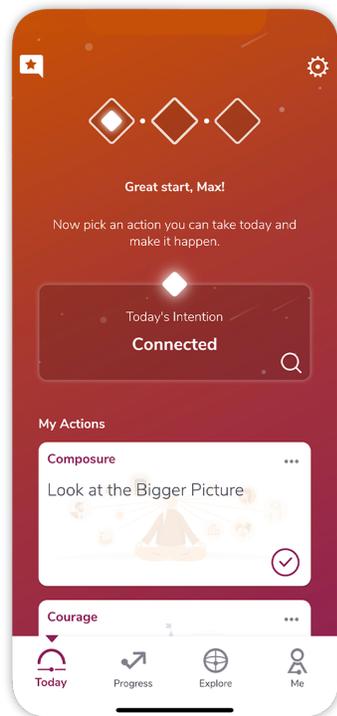


*“A well-spent day brings happy sleep.”
— Leonardo Da Vinci*

Over the next 5 months, we’ll take a deep dive into what we call our SPACE factors: the 5 levers we pull to replenish our spirit and provide us with the energy we need to get the most out of our days and years. Purpose, it turns out, plays a crucial role in keeping our levers primed and ready to pull.

This month our focus is on sleep. For some of us—especially parents of newborns—sleep is mythic. Others can doze off wherever they find a chair. But most of us feel like we don’t get enough sleep, and when we do, it’s not as sound as we’d like. And while friends and family are always quick to offer their advice on how to sleep better, what does the science say? [Study](#) after [study](#) links purpose in life to better sleep and protection against numerous negative health outcomes from sleep disturbances. But why is that? While

there are many interconnected reasons, it's primarily because when we have a purposeful and fulfilling day, our bodies and minds grow eager to recharge our batteries and prepare for another one. And the more we connect our daily actions to our purpose, the more fulfilled we feel at the end of each day.



Available Now: Keep your daily intention front and center

Once you've completed your morning reflection, you may now view relevant Actions and Tips to try based on your daily intention — directly from your Today page. We've incorporated this new feature into your Purposeful journey after collecting feedback from our users. Let us know how it's working for you!

Are there any other improvements you'd like to see? As always, keep the feedback coming (email feedback@kumanu.com) — and watch your ideas become reality in Purposeful!

Having a difficult time falling or staying asleep? Here are a few ways to harness your purpose to catch some quality z's.

4 + 7 + 8 = Sleep

Before bed tonight, spend a few minutes doing the "4-7-8 Breathing Exercise": Inhale through your nose on a 4-count, hold it on a 7-count, then exhale on an 8-count.

Quiet Mind = Quiet Night

Spend 5 minutes at bedtime calming your mind and letting go of both the day behind you and the day ahead. This time-honored method promotes healthy sleep.

Power Off, Sleep On

This one might be difficult, but try to put away your electronic devices an hour before you go to bed. The emitting blue light overstimulates and keeps your brain awake.

Rock Yourself to Sleep

Ever rocked a baby? Then you know repetitive motion has a soothing effect on our minds and bodies. Repeat a small, simple movement to help yourself fall asleep.

Purposeful is a simple yet **powerful** app designed to help you harness **brain science** to find and live your purpose while becoming the best version of you. Purposeful is a free resource provided to you by Booz Allen Hamilton.

Your team members are using Purposeful. Are you in?

Here's how to get started.

Text **UDEL** to 734-436-3939

Already have an account? Jump back in whenever you need support, guidance or motivation to be your best.

