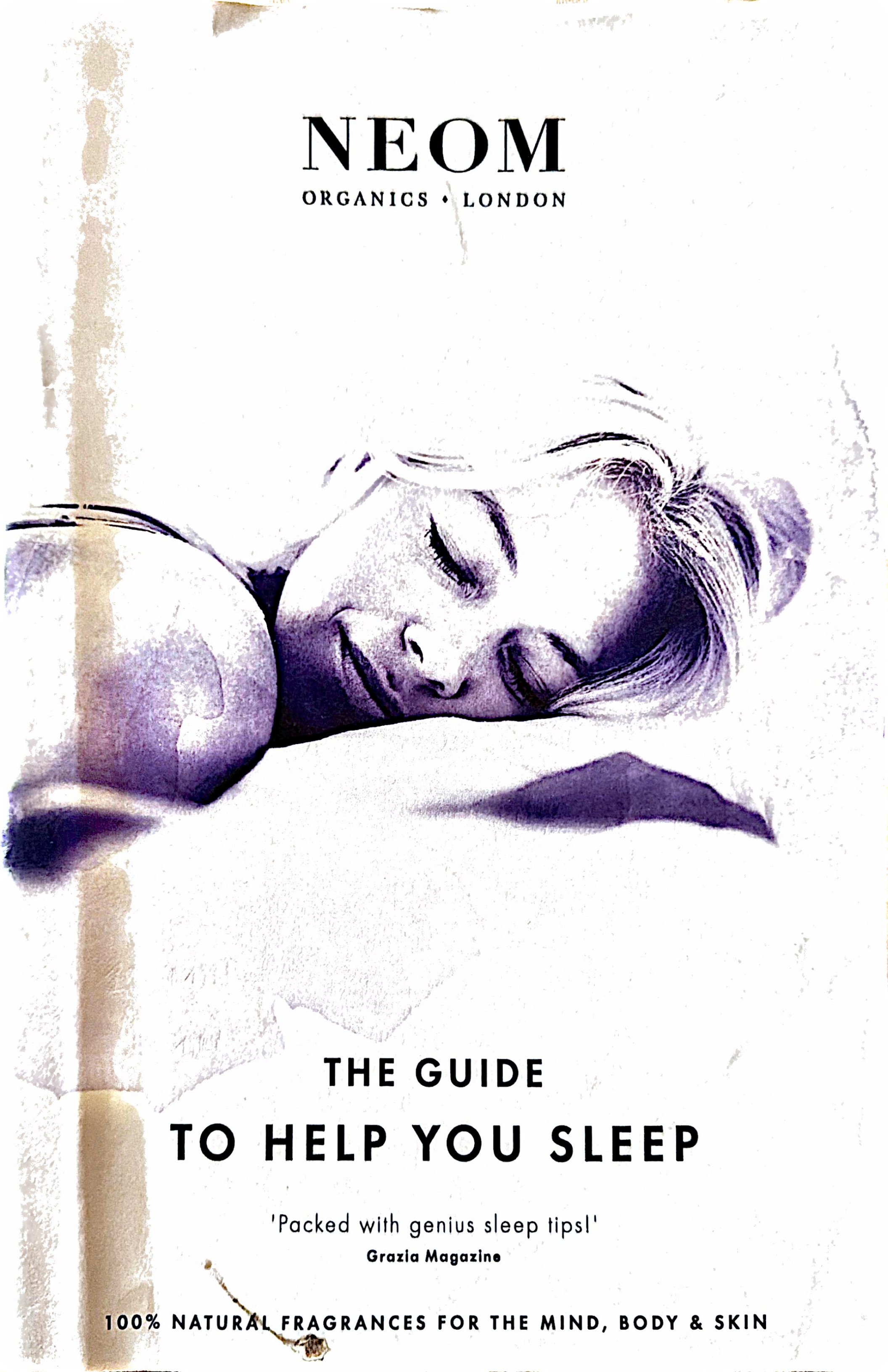


A black and white photograph of a woman with blonde hair, lying down and sleeping peacefully. Her head is resting on a white pillow, and her eyes are closed. Her hand is partially visible near her face. The background is a soft, out-of-focus white.

NEOM

ORGANICS • LONDON

THE GUIDE TO HELP YOU SLEEP

'Packed with genius sleep tips!'

Grazia Magazine

100% NATURAL FRAGRANCES FOR THE MIND, BODY & SKIN



The ultimate NIGHT'S SLEEP

"Studies consistently show that less than 6 hours of sleep a night is a main cause of burnout. I can help you make changes to restore healthy sleep!"

Says Neom Sleep Expert, Anandi

"This is about easy and positive changes that really **STICK** and really **WORK**. It's not about popping a pill or buying an insanely expensive mattress – it's about looking at your sleep from every perspective, in a way that wakes you up to the simple solutions.

From the food you eat to the workouts you choose, everything plays its part in your best night's sleep – and we're here to get you there!"

Read on...

• SLEEP STATISTICS •

60%

BELIEVE MORE TIME WOULD
MAKE THEM LESS STRESSED*

9/10

WOMEN IN THE UK ARE STRESSED*
{ A national stress audit found }

1^{IN}2

FEEL THAT BETTER QUALITY
& QUANTITY OF SLEEP WOULD
MAKE THEM LESS STRESSED*