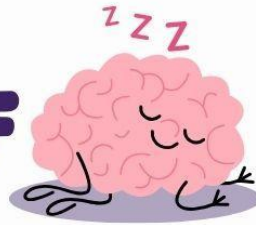


EVALUASI INTERAKTIF

PENGEMBANGAN MEDIA GRAFIS



IDENTITAS MAHASISWA

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230401501025

MUHAMMAD KHALID
AKBAR SUHAIRIN

KELAS A
TP 2023



PETUNJUK
Pengerjaan

- BACALAH SOAL DENGAN TELITI
- JAWAB PERTANYAAN DENGAN TEPAT
- KERJAKAN DENGAN JUJUR & PERCAYA DIRI

WHY SLEEP MATTERS?



ENHANCES BRAIN FUNCTION

Memory, focus, and decision-making rely on good sleep.



HEART HEALTH

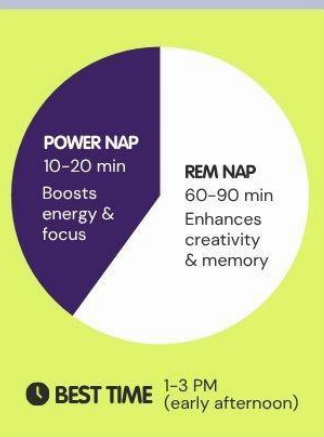
Chronic sleep deprivation raises the risk of heart disease and stroke.



AFFECTS WEIGHT

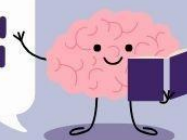
Poor sleep is linked to obesity due to hormone imbalances.

HOW TO NAP EFFECTIVELY



Less sleep raises disease risk—better aim for 7–9 hours!

SLEEP DURATION & HEALTH RISK



HOW TO IMPROVE SLEEP QUALITY

1. Keep a consistent sleep schedule
2. Reduce screen time before bed
3. Practice relaxation techniques
4. Avoid heavy meals & caffeine
5. Make your room dark, cool, and quiet