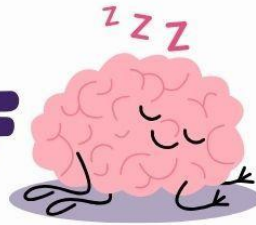


# EVALUASI INTERAKTIF



PENGEMBANGAN MEDIA GRAFIS

## IDENTITAS MAHASISWA

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TP 2023



PETUNJUK  
Pengerjaan

- BACALAH SOAL DENGAN TELITI
- JAWAB PERTANYAAN DENGAN TEPAY
- 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

#### POWER NAP

10–20 min  
Boosts energy & focus

#### REM NAP

60–90 min  
Enhances creativity & memory

**BEST TIME** 1–3 PM  
(early afternoon)



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