



Active For Sleep (A4S) Project with airweave



Pilot project : Active For Sleep (A4S) Project

Promoting sport participation for inactive people through "Sleep and Exercise" program.
Offering opportunities to participate in the project plan for municipalities.

☹️ Nap problem lack of concentration...

3 Program / 4 Weeks

1.Sleep Monitoring Program

2.Relaxation Program

3.Physical Activity Program

Option : Workshops & Seminar



Exclusive sleep application



- 1 Technical information
- 2 Improvement of the lifestyle
- 3 SNS Social Impact



Active participation is important.

😊 Exercise before sleep • obtain healthy life