

## Geeta Phogat launches nationwide health awareness program

**PANJIM:** Godrej Interio, India's leading furniture and interior solutions brand, launched a new health awareness campaign - sleep@10. Launched by Olympian, Geeta Phogat, the campaign was born during the product development stage of their healthcare range. #sleepAt10 is an initiative that aims to spread awareness about the importance of good sleep for your physical and mental wellbeing.

To aid the sleep@10 concept, Interio has created a sleep-o-meter that hopes to encourage and track our sleeping patterns, thus helping us to maintain a healthy sleeping habit and thus transform our lives.

Geeta Phogat spoke about the importance of sleep@10 in her life. She shared instances of her father drawing a strict regime for her and her sisters and one of them being sleeping early by 10pm and getting up by 4am. The new healthcare mattresses are a unique range, an optimum blend of cushioning and support. It is made in a way to provide the right kind of support and cushioning without being too soft or rigid to keep the natural posture of body intact while sleeping. The range, priced between Rs 7,500 – Rs 75,000, is currently available pan India.



From left to right are wrestler Geeta Phogat with Anil Mathur, COO, Godrej Interio and Dr Preeti Devlani at the launch of Godrej Interio #Sleep@10 initiative.