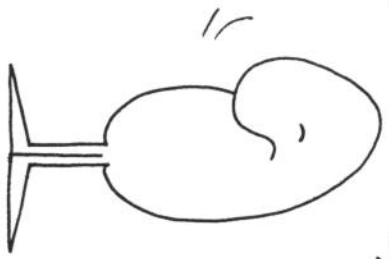
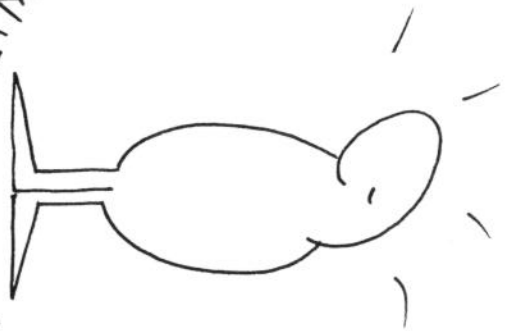


SWITCH OFFS



- SMOKING
- SOME FLUORESCENT LIGHTS
- HUNGER
- LACK OF WATER
- SHOCK
- STUFFY ROOMS
- FAST MUSIC
- LACK OF EXERCISE
- STRESS
- TRYING HARD

SWITCH ON'S



- WATER
- BRAIN GYM
- GOOD FOOD
- RELAXATION
- GOOD SMELLS
- FRESH AIR
- SLOW MUSIC
- PLEASING COLOURS
- NATURAL LIGHTING
- SLEEP
- EXERCISE.