body {

  margin: 0;

  font-family: 'Roboto', sans-serif;

  background: url('https://static.vecteezy.com/system/resources/thumbnails/056/656/957/small/a-serene-hospital-corridor-featuring-modern-design-plants-and-soft-lighting-creating-a-calming-atmosphere-photo.JPG') no-repeat center center fixed;

  background-size: cover;

  display: flex;

  flex-direction: column;

  min-height: 100vh;

}

/\* Header styles\*/

header {

  background-color: rgba(0,48,87,0.9);

  color: #fff;

  display: flex;

  align-items: center;

  justify-content: space-between;

  padding: 10px 40px;

  box-shadow: 0 2px 6px rgba(0,0,0,0.2);

  z-index: 10;

}

.logo img {

  height: 50px;

}

nav ul {

  list-style: none;

  display: flex;

  margin: 0;

  padding: 0;

}

nav ul li {

  margin-left: 30px;

}

nav ul li a {

  text-decoration: none;

  color: #ffffff;

  font-weight: 500;

  font-size: 18px;

  position: relative;

  transition: color 0.3s ease;

}

nav ul li a::after {

  content: '';

  position: absolute;

  width: 0;

  height: 2px;

  display: block;

  margin-top: 5px;

  right: 0;

  background: #f8b600;

  transition: width 0.3s ease;

}

nav ul li a:hover {

  color: #f8b600;

}

nav ul li a:hover::after {

  width: 100%;

  left: 0;

  background: #f8b600;

}

/\* Layout \*/

.main-content {

  display: flex;

  flex: 1;

}

.sidebar {

  background-color: rgba(0,38,70,0.95);

  color: #fff;

  padding: 20px;

  width: 144px;

  box-shadow: 2px 0 6px rgba(0,0,0,0.15);

  border-top: 1px solid rgba(0,0,0,0.1);

  border-right: 1px solid rgba(0,0,0,0.1);

  min-height: calc(100vh - 70px);

}

.sidebar h2 {

  font-size: 1.5rem;

  color: #fff;

  border-bottom: 1px solid rgba(255,255,255,0.2);

  padding-bottom: 10px;

  margin-bottom: 15px;

  font-weight: 500;

  text-transform: capitalize;

}

.sidebar ul {

  list-style: none;

  padding: 0;

  margin: 0;

}

.sidebar ul li {

  margin-bottom: 12px;

  font-size: 1rem;

  color: #fff;

  transition: color 0.3s ease;

}

.sidebar ul li:hover {

  color: #f8b600;

}

.container {

  flex: 1;

  display: inline-block;

  margin: 80px auto 40px auto;

  padding: 25px 40px;

  text-align: center;

  background: rgba(255,255,255,0.6);

  border-radius: 8px;

  max-width: 700px;

}

.container h1 {

  font-size: 2.5rem;

  color: #003057;

}

.container p {

  font-size: 1.2rem;

  color: #333;

  line-height: 1.6;

}

/\* Footer \*/

footer {

  background-color: rgba(0,48,87,0.9);

  color: #fff;

  text-align: center;

  padding: 15px 20px;

  font-size: 14px;

  box-shadow: 0 -2px 6px rgba(0,0,0,0.2);

}