

# IMPORTANCE OF SLEEP



Sleep is unbelievably important. Honestly. Stop thinking of sleep like something you have to do when the day ends. Start thinking of it as something your body needs. It's something you should look forward to.

Under-sleeping (less than 5 hours a night) creates a whole host of negative effects.

## YOU CAN BECOME:

Less productive



More at risk of accidents



More emotional



Moodier



Hungrier



## YOU'LL ALSO BE AT RISK OF:

Higher blood pressure



Poor memory



Weakened immune system



Diabetes & heart disease



Okay – enough scary stuff. The good news is:

Good sleep will improve your memory, make your attention span sharper, keep your weight where it should be, lower stress, reduce depression or anxiety, and even avoid accidents.

## HERE'S OUR ADVICE FOR GETTING MORE OF THAT LOVELY SLUMBER:

Avoid caffeine & nicotine.



Turn away from your phone & laptop.



Take the time to wind down & relax.

