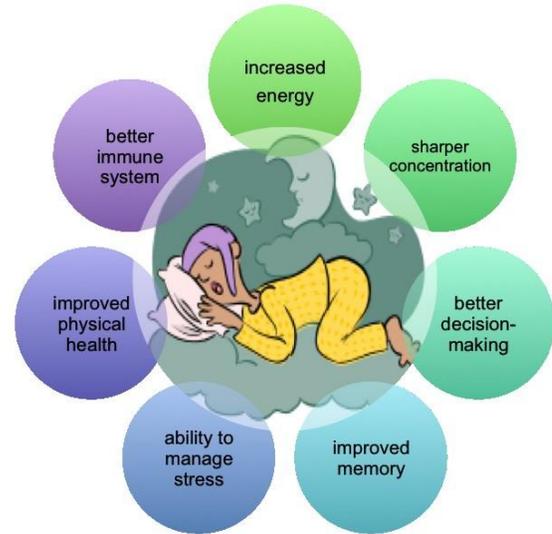




## Health Benefits of Sleeping

- Sleep Keeps Your Heart Healthy
- Sleep Reduces Stress
- Sleep Reduces Inflammation
- Sleep Bolsters Your Memory
- Sleep May Help You Lose Weight
- Naps Make You Smarter
- Sleep May Reduce Your Risk for Depression
- Sleep Helps the Body Make Repairs



## Side Effects of Lack of Sleep

Cutting sleep from seven to five hours a night nearly doubles the risk of death from all causes and in particular cardiovascular disease.

- Causes Forgetfulness
- Gaining Weight is More likely when You Lack Sleep
- Skin is Damaged by Lack of Sleep
- Sleep Hurts the Learning Process
- A Lack of Sleep Causes Depression
- Sleep Deprivation can induce or aggravate diabetes, strokes and blood pressure.

## Ways to Get a Proper Sleep

- Stick to a sleep schedule
- Exercise daily
- Sleep on a comfortable bed and pillow
- Avoid alcohol, cigarettes and heavy meals in the evening