



4 REASONS TO GET MORE SLEEP

Improved Concentration and Productivity

Good sleep can maximize problem-solving skills and enhance memory. Poor sleep has been shown to impair brain function.



More Sleep Equals Less Calories

Poor sleep affects hormones that regulate appetite. Those who get adequate sleep tend to eat fewer calories than those who don't.



Sleep Improves your Immune System

Getting at least eight hours of sleep can improve your immune function and help fight the common cold.



Sleep Improves Athletic Performance

Longer sleep has been shown to improve many aspects of athletic and physical performance.

