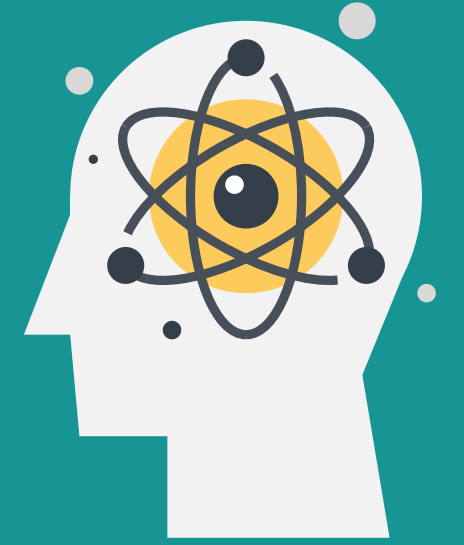


THE IMPORTANCE OF SLEEP



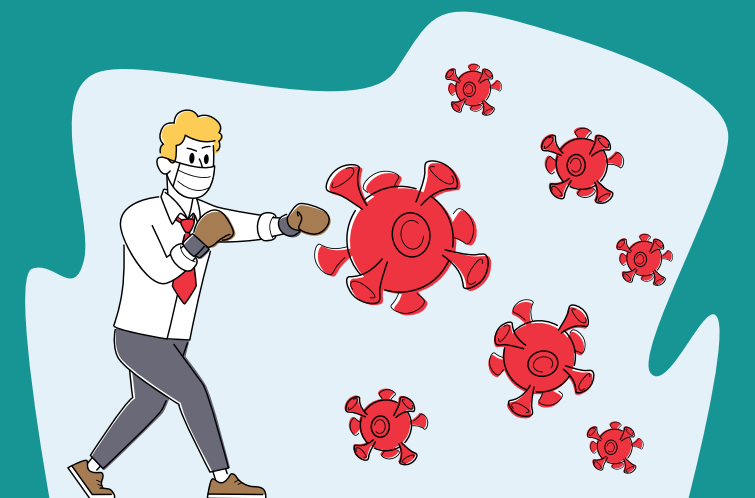
Sleep is beneficial for learning and memory. Your brain remembers all new and learned information with memory consolidation. Studies at Harvard University show that people who slept after learning performed better on tests.



Sleep deprivation in excess can cause weight gain due to the way our bodies process and store carbohydrates. This alters levels of hormones that affect our appetite causing weight gain and slowed metabolism.



To keep your immune system healthy, sleep is imperative. Sleep and rest can help your body to take on disease and illness in order to fight off sickness and get well faster.



Sleep is just as important as food. When you do not get enough sleep, you do not think as clearly or effectively, resulting in irritability, lack of concentration, and mood swings.



Insufficient or fragmented sleep can contribute to problems with blood pressure and heighten the risk of heart disease, heart attacks, diabetes, and stroke.

