

THE IMPORTANCE OF SLEEP

WHY

IS SLEEP IMPORTANT?

- Repair your body
- Improve learning and memory
- Lower stress levels
- Improve creativity
- Support growth and development
- Maintain your immune system

HOW

CAN I SLEEP BETTER?

- Go to bed and wake up at the same time each day
- Avoid big meals right before bed
- Exercise regularly
- Turn off the computer, phone, and television
- Keep your bedroom cool, quiet, and dark

WHAT IF I

DON'T GET ENOUGH SLEEP

- It can cause increase anxiety, depression, or other mental health problems
- Cause irritability or mood swings
- Cause headaches, weight gain and poor vision



Fine Sleeping Why Is It Important To Sleep Well

Julia Schneider



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