



# 10 REASONS WHY GOOD SLEEP IS IMPORTANT

1. Poor sleep is linked to higher body weight
2. Good sleepers tend to eat fewer calories
3. Good sleep can improve concentration and productivity
4. Good sleep can maximize athletic performance
5. Poor Sleepers have a greater risk of heart disease
6. Sleep affects glucose metabolism and type 2 diabetes
7. Poor sleep is linked to depression
8. Sleep improves your immune function
9. Poor sleep is linked to increased inflammation
10. Sleep affects emotions and social interactions

**Sleep** plays an **important** role in your physical health. For example, sleep is involved in healing and repair of your heart and blood vessels. Ongoing **sleep** deficiency is linked to an increased risk of heart disease, kidney disease, high blood pressure, diabetes, and stroke.

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