



Who Needs Sleep????? WE DO!

Poor quality sleep has been proven time again just how much it can affect our day to day lives and our physical health... Here are some facts you might not have known about what happens when you miss good sleep and ways to improve your sleeping habits.

1) Poor Quality Sleep Can Make You Fat – short sleep duration is associated with drastically increased risk of weight gain and obesity in both adults and children.

2) People That Sleep Poorly Eat More.

People that struggle to get a good nights sleep tend to eat more due to the fact that poor sleep effects the hormones that regulate appetite.

3) PERFORMANCE.

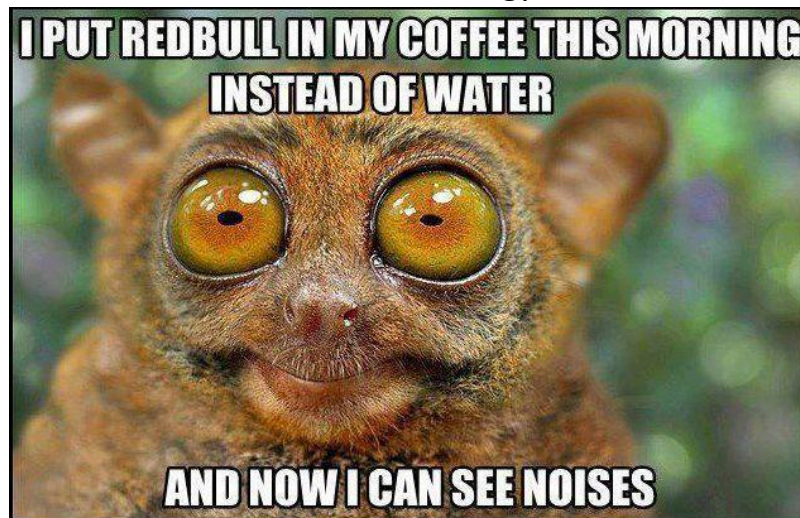
Good quality sleep dramatically effects a persons speed, accuracy, reaction times and mental well being



- 4) Poor Sleepers have a higher risk of heart disease and stroke.
- 5) Poor Sleep is Linked to depression. 90% of people with depression complain of a poor- quality sleep. Poor sleep is EVEN associated with an increase of death by suicide

QUICK GUIDE TO A BETTER QULAITY SLEEP

- DON'T consume caffeine or energy drinks late in the day



- Reduce irregular/day time naps
- Wake up at consistent times
- Increase Bright light exposure during the day
- Decrease Blue light at night – this can help you get to sleep by up to 83%

