

SLEEP INSIGHTS

Good sleep can improve concentration and productivity.

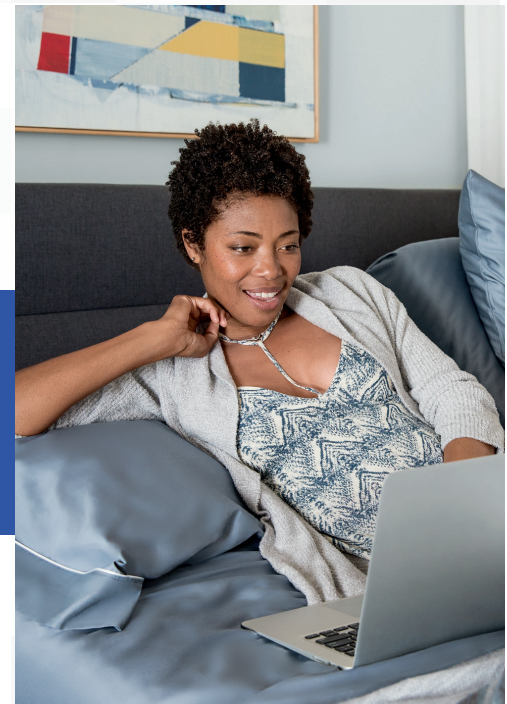
You are **4X MORE LIKELY** to suffer from lack of concentration if you are not getting the recommended amount of sleep. Sleep is important for various aspects of brain function including cognition, concentration, productivity, and performance.

Sleep improves your immune function.

Even a small loss of sleep has been shown to impair immune function. Those who sleep less than 7 hours are almost **3 TIMES** more likely to develop a cold than those who slept 8 hours or more.

Good sleep can maximize athletic performance.

Whether it's a quick morning jog or an extended day at the gym, sleep has been shown to enhance physical performance when compared to those who are not getting quality sleep.



50-70 MILLION

Americans suffer from a sleep-related issue. Along with nutrition and exercise, quality sleep is one of the three pillars of health.

Below are just some of the ways that poor sleep can affect your life and your health.

Poor sleep is linked to higher body weight. If you're trying to lose weight, getting quality sleep is absolutely crucial.

Greater risk of heart disease and stroke. A review of 15 studies found that people who don't get enough sleep are at far greater risk of heart disease or stroke than those who sleep 7-8 hours per night.

Greater risk of Type 2 diabetes. Those sleeping less than 6 hours per night have repeatedly been shown to be at an increased risk of Type 2 diabetes.

Poor sleep is linked to depression. It's been estimated that 90% of people with depression complain about sleep quality.

Sleep affects emotions and social interactions. Researchers believe that poor sleep affects your ability to recognize important social cues and process emotional information.

How many hours of sleep should I be getting?

7-9 HOURS

for most healthy adults. Children and teens need even more.