



BlueResource<sup>SM</sup> - Healthy Lifestyle - Sleeping Is Good

## The Dreamy Benefits of Sleep

Your body needs sleep. Seven to nine hours of slumber gives your body time to rest and heal. Surrender to shut-eye and enjoy some great benefits.

**Boost your brainpower.** Wish you weren't so forgetful? Can't concentrate? Burning the candle at both ends deprives your brain of the quiet time it needs to regenerate itself each night.

**Love your heart.** Think missing a few hours of shut-eye doesn't matter? Skimping by on less than six hours of sleep increases your risk for high blood pressure and heart disease.

**Trim your risk for obesity.** Wonder why you can't shed those unwanted pounds? Staying awake longer means your body gets hungrier and needs more calories.

**Improve your mood.** Suffer from bouts of the blues? Feeling anxious or depressed? Ignoring your body's need for Zzzzs triples your risk for depression.

**Strengthen your immune system.** Feel under the weather? Pushing your body beyond its waking limits weakens its natural defenses against illness.

**Add years to your life.** Want to have more quality time with the people you love? Cutting back on sleep means you could actually be cutting your life short.



Wake up to the benefits of a good night's sleep.