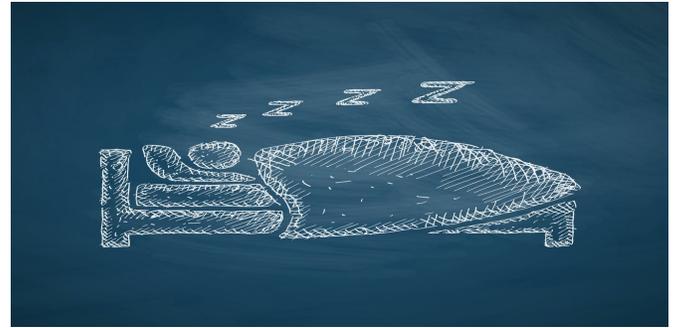


Sleep: The What, Why, and How...



What is Sleep? Defined as the state where awareness to environmental stimuli is reduced.

Why do we need to sleep?

Important for health, heals or repairs muscle tissue, memory restoration, and other better management or prevention of chronic health conditions.

How much sleep?

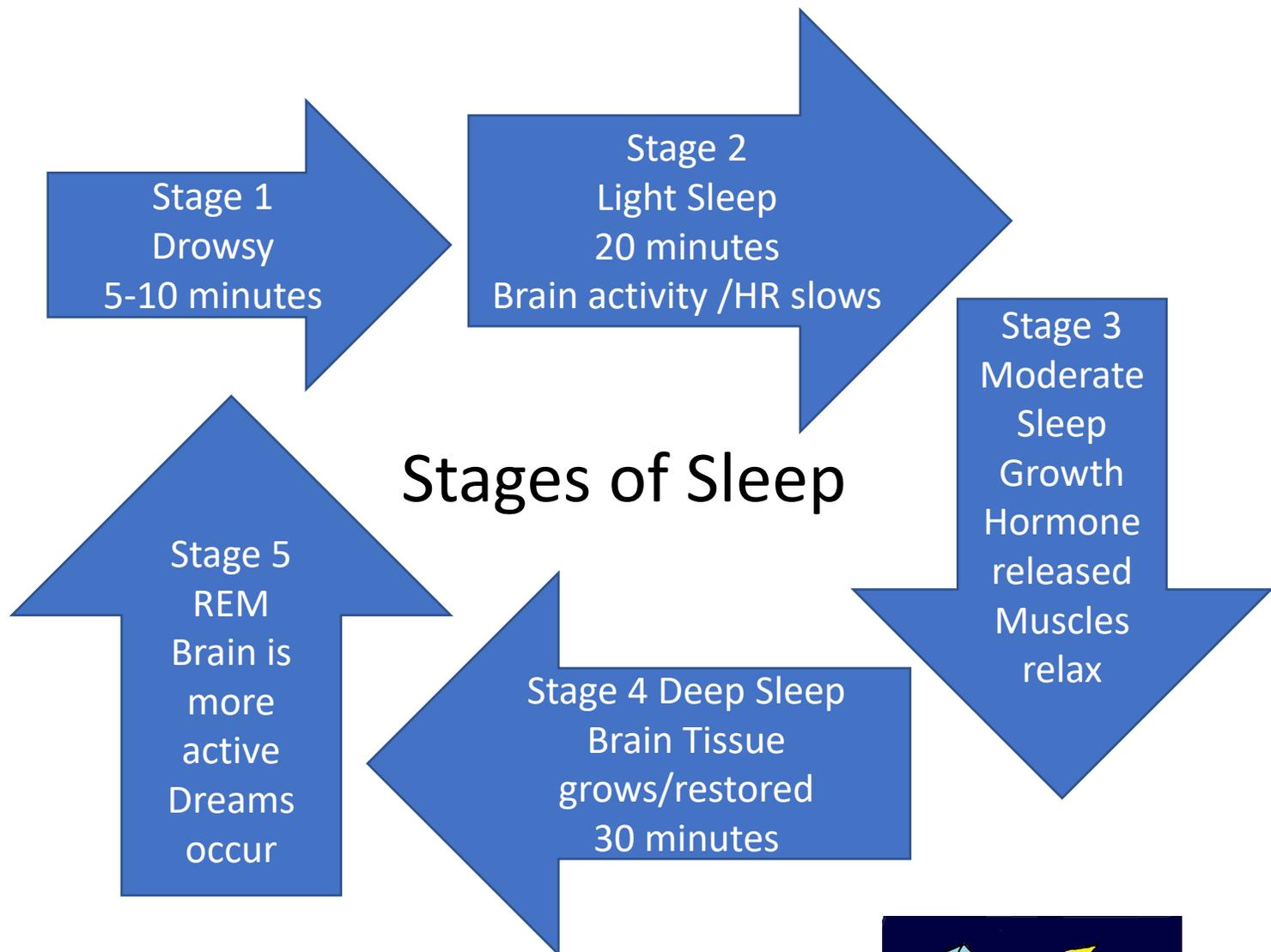


What can lack of sleep do?

- Exacerbate underlying health conditions
- Increase insulin resistance
- Cause Irritability
- Slow reaction time
- Alter hormone levels
- Lead to weight gain
- Lead to memory loss
- Disrupts immune system



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Ways to get better sleep...

- Dark room/eye mask
- Ear plugs
- Essential Oils
- Healthy diet (avocados, nuts, dark greens, fruits, lean protein)
- Reduce screen time closer to bedtime
- Exercise
- Meditation
- White noise
- Consistent schedule/routine

