Why Is Sleep Important?

Sleep plays a vital role in good health and well-being throughout your life. Here’s why!

1) Physical Health
   - Restores energy
   - Strengthens immune system
   - Lowers risk of heart disease, kidney disease, high blood pressure, diabetes and stroke
   - Aids metabolism and decreases risk of becoming obese
   - Supports healthy growth and development
   - Promotes healing and repair of body tissue

2) Good Brain Function
   - Improves learning and memory
   - Improves decision-making, problem-solving skills, and creativity
   - Improves ability to concentrate
   - Improves safety while driving, operating machines

3) Emotional Well-Being
   - Reduces stress levels
   - Aids in controlling emotions and behavior
   - Aids in coping with change
   - Decreases risk of depression, anxiety, suicide and risk-taking behavior

4) Work Performance
   - Increases productivity--task completion better in quality and/or quantity
   - Reduces absenteeism

For more information go to the National Sleep Foundation website: www.sleepfoundation.org and the National Institutes of Health at www.nhlbi.nih.gov/health/resources/sleep/healthy-sleep where you can order or download “Your Guide to Healthy Sleep”.

Tipsheet compiled by Marcia Fouraker, CFCS, and Grace Angotti, CFCS, of the Community of Obesity Prevention.