



## 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](http://www.sleepfoundation.org) and the National Institutes of Health at [www.nhlbi.nih.gov/health/resources/sleep/healthy-sleep](http://www.nhlbi.nih.gov/health/resources/sleep/healthy-sleep) where you can order or download "Your Guide to Healthy Sleep".*

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