



WHY GET SOME SLEEP?



WHY CAN'T I SLEEP???

- Anxiety and Worry
- Disruption of Life and Schedule
 - Work, School, Family Stress
 - Excess Screen Time
- Isolation and Changes in Mood

WHY IS IT
SO
IMPORTANT
TO



Sleep?

IMMUNITY

Sleeping helps our bodies strengthen our defenses and improves our ability to fight off illness.



THINK CLEARLY

Sleeping helps our brains be more effective. Benefits include: improved thinking, learning, memory, judgement, and decision-making.



FEEL BETTER

Not sleeping enough can lead to irritability, low energy, and make existing difficulties like depression even worse



MENTAL HEALTH

Lack of sleep is associated with mental health conditions like anxiety and depression. Sleep improves your mood and your ability to handle emotional challenges