The benefits of getting enough sleep

- Reduces stress and improves your mood (and happiness)
- Improves ability to handle pain
- Increases hand/eye coordination and reflexes
- Reduces stress and improves your mood (and happiness)
- Think clearly and enhance learning
- Improves physical health - your body repairs and heals heart and blood vessels while sleeping.
- Make good decisions and avoid injuries. Sleepy drivers cause thousands of car crashes every year.
- Maintains healthy balance of hormones linked to appetite, decreasing obesity risk
- Improves workplace productivity and performance
- Boosts metabolism, memory, and learning
- Increases hand/eye coordination and reflexes
- Lowers your risk for serious health problems, like diabetes and heart disease

Sleep environment tips

- Have a regular sleep schedule.
- Keep your room cool and dark.
- No caffeine or alcohol for eight hours before bed.
- Can’t sleep? Don’t stay in bed.
- No screen time before bed.
- If concerned, check for sleep apnea or other sleep disorders.