

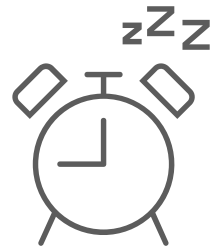
Pillar 1: Sleep

Why is it Important?

Healthy sleep is the foundation for having overall good health. A good sleep cycle is paired with a variety of benefits, both mental and physical. Adults should be averaging between 7-8 hours of sleep per night however, it does vary from person to person.

Benefits:

- Feeling more alert throughout the day
- Your brain learns better and has an easier time storing new information
- Your immune system is boosted, and it becomes harder to catch illnesses
- Stable mental moods
- Obtain a better and stronger mind



To keep on track of you sleep, try to create a sleep schedule for yourself. Having a set time for your sleep is a great way to begin a strong sleep schedule. Remember – the goal for every night should be 7-8 hours of sleep, anything less may lead to sleep deprivation which may cause issues in your everyday life. And, unless needed you should try to not oversleep as that also bears consequences.

