

Connect WITH Your World

# Sweet slumber

A good night's sleep repairs your body and recharges your brain. Getting enough quality sleep is essential to your physical health and emotional well-being. Without it, you're at risk for chronic disease, problems thinking, mental health issues, and obesity. If you're not getting enough sleep, even 1-2 hours more per night can make a difference in your day-to-day functioning.

The right amount of good quality sleep (7 to 9 hours for most adults) helps you be your best self.

