

SLEEP WELL

be well

Here are three good reasons to get a good night's sleep:

- 1. Helps you lose weight** – A study in the *American Journal of Clinical Nutrition* showed that people ate an average of nearly 300 fewer calories per day when they were well-rested.
- 2. Brightens your mood** – Research in the journal *SLEEP* showed that people who snoozed 7 to 9 hours a night had fewer symptoms of depression than those who slept more or less.
- 3. Keeps colds away** – One study revealed that people who slept at least 8 hours a night were 3 times less likely to come down with a cold than those who got 7 hours or less.

Source: www.webmd.com/a-to-z-guides/discomfort-15/better-sleep/healing-power-sleep?page=1

These tips are intended as general information only. Please consult your doctor for specific medical advice. Please call our 24-hour Nurse Line toll-free at 1-888-258-3432 for additional information.

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