

WHY A GOOD NIGHT'S SLEEP IS IMPORTANT

Getting a good night's sleep is as important to your health as what eating right and exercising is. Not getting enough sleep impacts more than just your mood in the morning. In fact, not getting regular, quality sleep can lead to some serious side effects. Even just one night of sleep deprivation can put you at risk of illness or injury.

Some of the common impacts of a lack of sleep are:

- **It can cause accidents.** Being tired while driving can lead to car crashes, and even cause crash-related deaths. Not having enough sleep means you are drowsy, not paying proper attention and your reflexes won't be as quick.
- **Puts your heart at risk.** Lack of sleep can actually put you at risk for heart attacks, heart disease, heart failure, irregular heartbeat, and more. It's just not worth the risk to your health.
- **Lowers your sex drive.** Studies have shown that sleep deprivation can actually lower your libido and cause you to lose interest in sex. Getting enough rest is important to both you and your partner.
- **Ages your skin.** Not getting enough sleep causes the stress hormone, cortisol, to be released into your body. Cortisol breaks down the collagen in your skin, causing you to look older, tired and not looking your best.
- **Causes weight gain.** Did you know that people who sleep less than six hours a night are more likely to become obese, or to gain weight, than those that get the required seven to nine hours.
- **Makes you forgetful.** A huge amount of research done shows that sleep is necessary for the brain to lock in new information and commit it to memory. This shows that not only does lack of sleep make you forgetful, it has an impact on learning and memory.

Along with the mood swings and depression, the above shows that not getting enough sleep has really serious health implications. Ultimately, getting a good night's rest on a regular basis will keep you looking, feeling and performing better.