

So What is Healthy Sleep?

Learning the importance of sleep:

I can survive on 5 hours of sleep! I'm a night owl! We've all heard it, but is it true? Can you truly be a productive employee, partner, parent or friend with just 5 or 6 hours of sleep? Similar to healthy diet or exercise, sleep is critical to an individual health and well-being. Do you want to wake up feeling refresh and ready to start the day? Do you want to live longer? Then you have to start practicing a healthy sleep pattern.



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