

BENEFITS of a good night's sleep

The Sleep Relaxation Kit is a great tool to ensure you get a good night's sleep.

Improve Memory

Your mind is surprisingly busy while you snooze. During sleep you can strengthen memories or “practice” skills learned while you were awake (it’s a process called consolidation).

Curb Inflammation

Inflammation is linked to heart disease, stroke, diabetes, arthritis, and premature aging. Research indicates that people who get less sleep—six or fewer hours a night—have higher blood levels of inflammatory proteins than those who get more.

Improve Your Grades

Children between the ages of 10 and 16 who have sleep disordered breathing, which includes snoring, sleep apnea, and other types of interrupted breathing during sleep, are more likely to have problems with attention and learning, according to a 2010 study in the journal *Sleep*. This could lead to “significant functional impairment at school,” the study authors wrote.

Lower Stress

When it comes to our health, stress and sleep are nearly one and the same—and both can affect cardiovascular health.

Live Longer?

Too much or too little sleep is associated with a shorter lifespan—although it’s not clear if it’s a cause or effect. (Illnesses may affect sleep patterns too.)

Ask me how to get your Sleep Relaxation Kit for only \$5 in April.



1 oz. Sleep
Essential Oil Spray
+
10 Herbal Therapy
Face Cloths
+
How-To Card

