






Your Body's Overnight To-Do List



Check Off Tonight's To-Do List for Better Health.

-  Healing
-  Improving
-  Boosting
-  Repairing
-  Preventing

Your body has a lot to accomplish while you sleep. But to get it done, it takes healthy sleep. With the right quantity and quality of sleep every night, you can reap a lifetime of benefits:



Help lower your risk for many serious health problems, like Type 2 diabetes and heart disease



Maximize immunity from vaccines by boosting the production of antibodies



Improve brain health and reduce the risk of mental illnesses



Think more clearly and do better in school and at work



Get along better with people



Maintain a healthy weight



Reduce stress



Get sick less often



Improve your mood

Learn how to complete your list. And find tips on how to get the healthy sleep your body and mind need to function at their peak at sleepisgoodmedicine.com.

Sleep is good medicine.

AASIM American Academy of
SLEEP MEDICINE™