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.®

AASM American Academy of SLEEP MEDICINE®