February 2016 is

SLEEP AWARENESS MONTH

Sleep strengthens your immune system

Quality sleep is nature's sports supplement, improving your speed, hand-eye coordination, reaction time & muscle recovery

Poor sleep quality is linked to heart health problems, from high blood pressure to heart attacks

A good nights sleep lowers your odds of a car crash

Quality shut-eye is some of the best medicine available around

BRAIN POWER

Sleep improves concentration & cognitive function

*according to the huffingtonpost.com/2015/01/25/biggest-sleep-health-bene_n_6549830.html

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