



FIVE PILLARS of HEALTH



Sleep

Not getting enough ZZZ's at night can affect more than just your ability to keep your eyes open during work or school. It can also affect your ability to rest and recover from the previous day. So do your body a favor and give it ample time to recharge with the recommended 8 hours.

We know the importance of sleep – there are so many studies that confirm that sleep is when our body regenerates. It's when our mind clears itself of debris, particularly denatured proteins. We also sort out and clear out our psychological component at that point. We download and get rid of the stress of the day so that we can start new and start afresh.

And yet we don't take sleep seriously enough. We don't prepare for it. We don't allow time to unwind. We don't turn off the bluescreen-emitting technology like our phones and our pads and our computers and our television screens. And we don't return back to basics such as sitting quietly and reflecting on our day.

Perhaps writing in our journal a little bit. Or reading – actually reading in a book with a cover on it as opposed to reading from a Kindle or a tablet – a very, very important aspect. Getting to bed early, sleeping, getting the full eight hours of rest that we need – it will change your life more than you realize.

Try it and see if that's not the case!

Get some shut-eye. Not getting enough ZZZ's at night affects many aspects of health such as your weight, your skin, digestion, and of course your stress and anxiety levels. So do your body a favor and give it ample time to recharge with the recommended 8 hours. Having enough sleep to take on a busy day can make all the difference.

