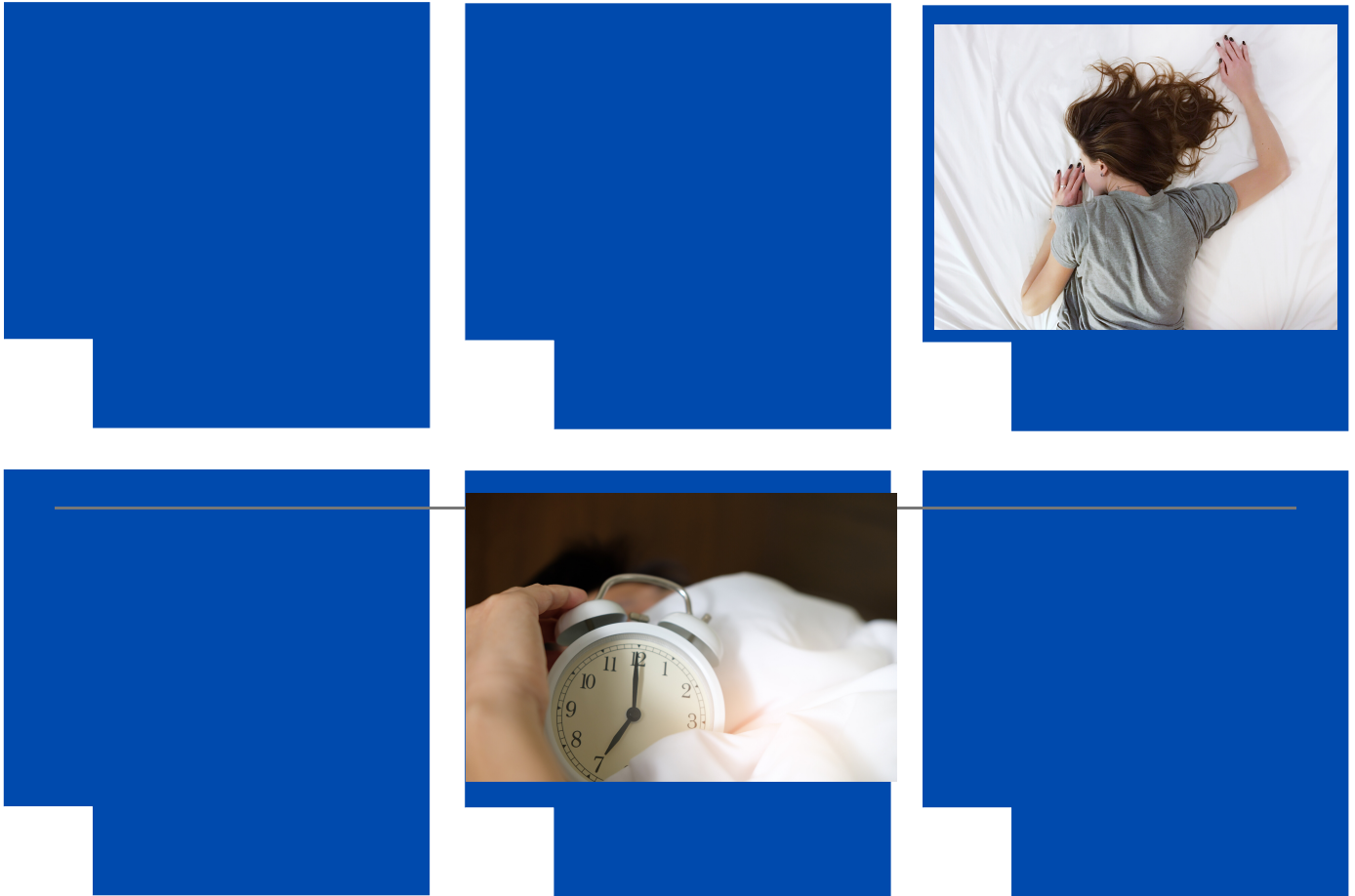


a few notes

Topic: Good Sleep



Daily Envision Employee Check-in

Hosted by Dr. Stefanie Simmons

Good sleep is important for your health. In today's employee check-in, we look at an article on healthline.com on "Why Good Sleep is Important?" Here are ten reasons why sleep is important. 1. Poor sleep is linked to higher body weight. 2. Good sleepers tend to eat fewer calories. 3. Good sleep can improve concentration and productivity. 4. Good sleep can maximize athletic performance. 5. Poor sleepers have a greater risk of heart disease and stroke. 6. Sleep affects glucose metabolism and type 2 diabetes risk. 7. Poor sleep is linked to depression. 8. Sleep improves your immune function. 9. Poor sleep is linked to increased inflammation. and 10. Sleep affects emotions and social interactions.

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