

# BENEFITS OF SLEEP

01

Sleep helps you focus & strengthens memory, making new information easier to remember.



02

Quality sleep helps your immune system fight off illnesses, keeping you healthier.



03

Your body releases growth hormones during sleep, helping you grow & develop properly.



04

Sleep restores muscles and sharpens reflexes, helping you perform better in sports and react faster in video games.



05

Sleep helps stress management, making it easier to recover from challenges and use coping skills.



Why is sleep important for you?