



BlueCross BlueShield of Illinois



BlueResourceSM – Healthy Lifestyle – Sleeping Is Good

The Dreamy Benefits of Sleep

Your body needs sleep. Seven to nine hours of slumber gives your body time to rest and heal. Surrender to shut-eye and enjoy some great benefits.

Boost your brainpower. Wish you weren't so forgetful? Can't concentrate? Burning the candle at both ends deprives your brain of the quiet time it needs to regenerate itself each night.

Love your heart. Think missing a few hours of shut-eye doesn't matter? Skimping by on less than six hours of sleep increases your risk for high blood pressure and heart disease.

Trim your risk for obesity. Wonder why you can't shed those unwanted pounds? Staying awake longer means your body gets hungrier and needs more calories.

Improve your mood. Suffer from bouts of the blues? Feeling anxious or depressed? Ignoring your body's need for Zzzzs triples your risk for depression.

Strengthen your immune system. Feel under the weather? Pushing your body beyond its waking limits weakens its natural defenses against illness.

Add years to your life. Want to have more quality time with the people you love? Cutting back on sleep means you could actually be cutting your life short.



Wake up to the benefits of a good night's sleep.

Source: *How Important Is Sleep?* American Sleep Association. 2020.

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