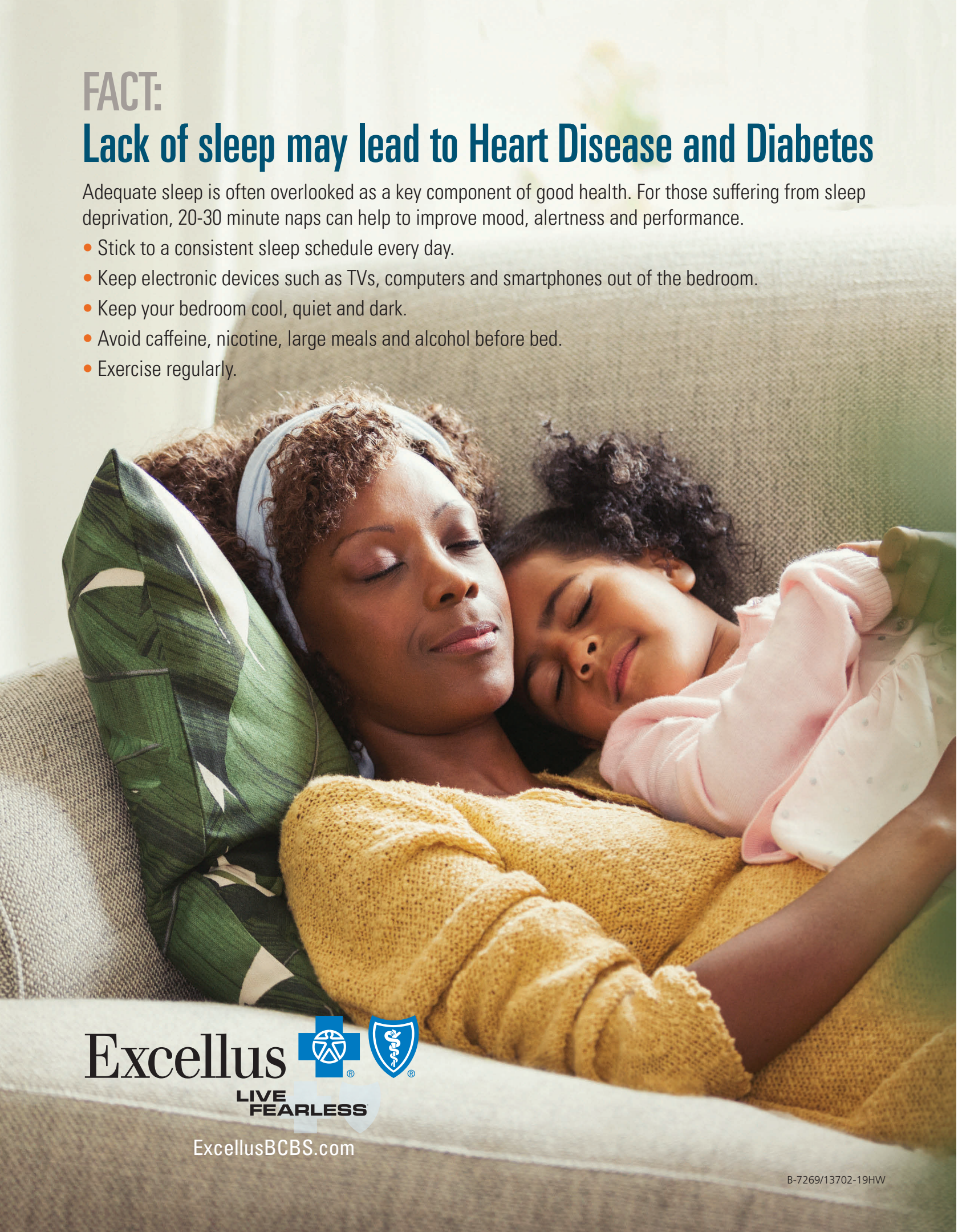


**FACT:**

## **Lack of sleep may lead to Heart Disease and Diabetes**

Adequate sleep is often overlooked as a key component of good health. For those suffering from sleep deprivation, 20-30 minute naps can help to improve mood, alertness and performance.

- Stick to a consistent sleep schedule every day.
- Keep electronic devices such as TVs, computers and smartphones out of the bedroom.
- Keep your bedroom cool, quiet and dark.
- Avoid caffeine, nicotine, large meals and alcohol before bed.
- Exercise regularly.



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