

# 7 BENEFITS OF HOUR SLEEP

 Healthy  
Metabolism

 Better Memory  
& Focus

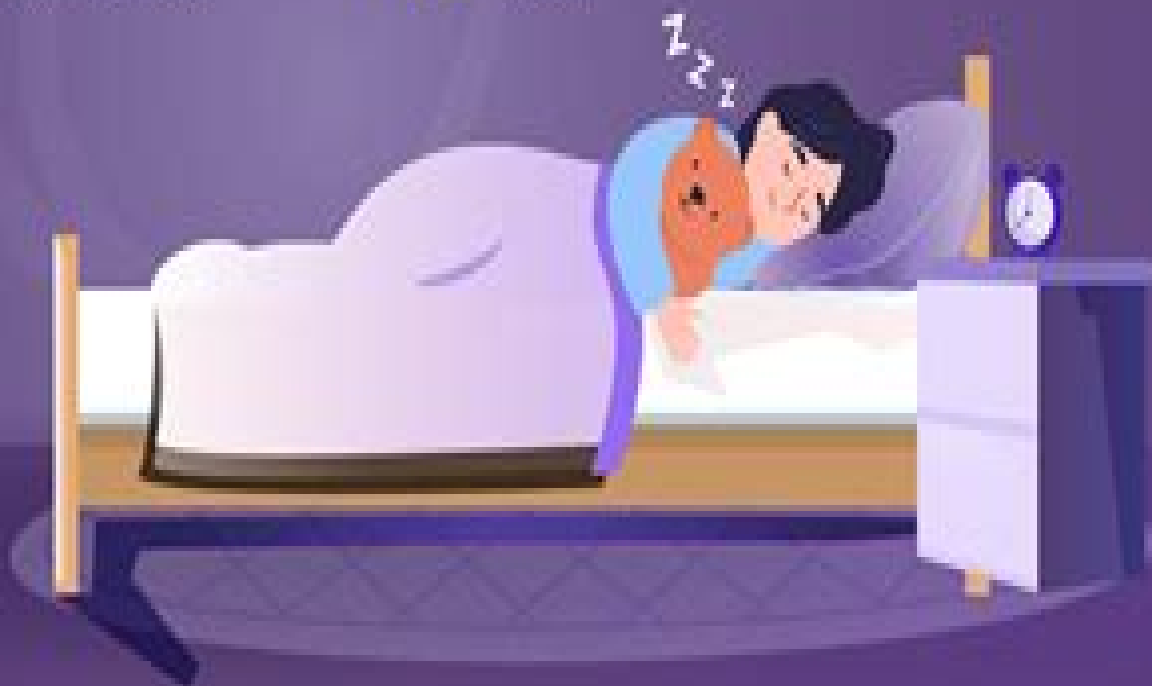
 Strong Immune  
System

 Improved Athletic  
Performance

 Reduced  
Mood Swings

 Lower risk of  
Stress

 Happy, Healthy  
Heart



# Sleep And You Sleep Better Live Better Your Health

**Camilla Rothe**



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