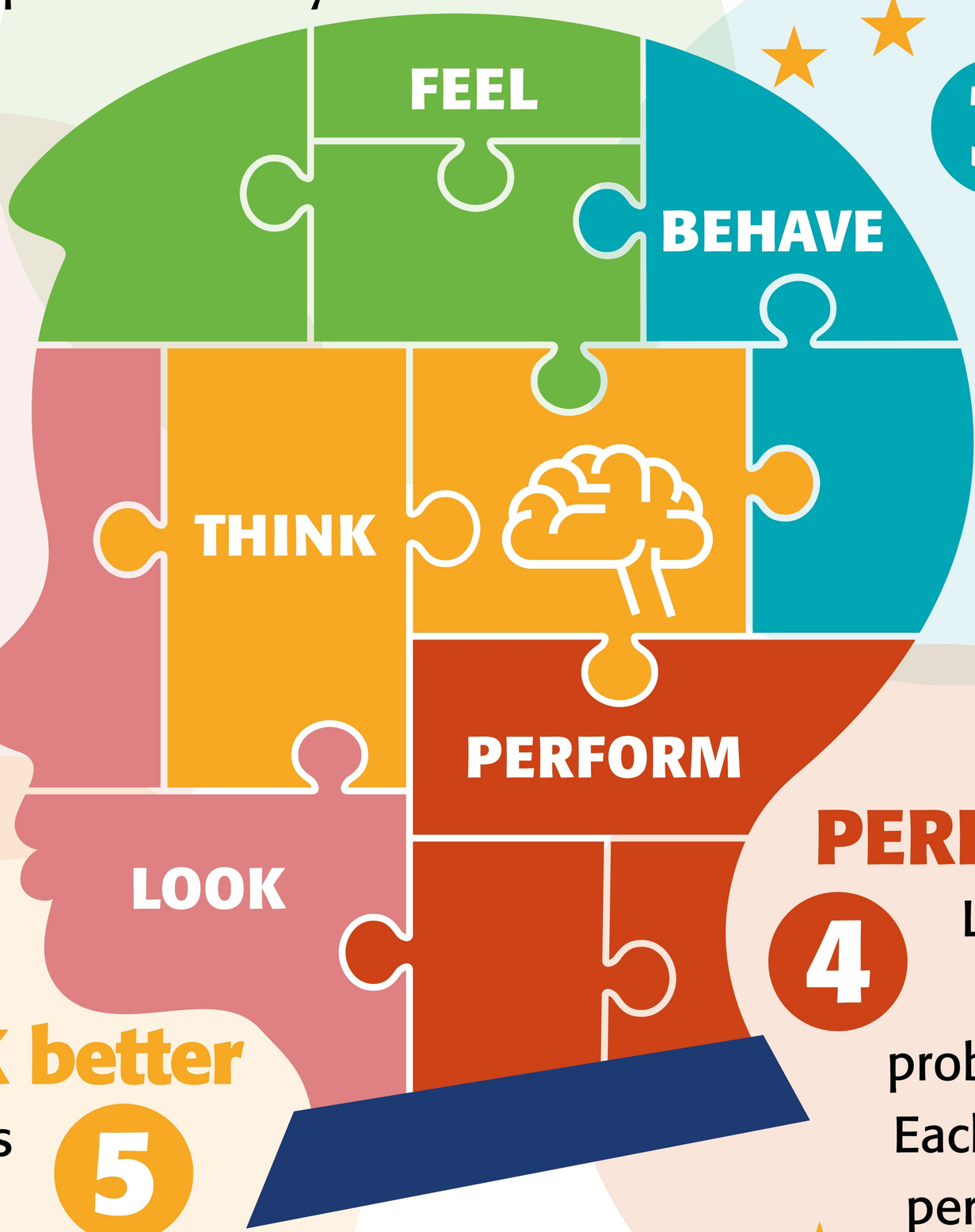
Why we need to sleep...

You'll FEEL better

2

Sleep deprivation raises average daily blood pressure and your heart rate.



You'll BEHAVE better

3

We're grumpier, snappier and have less patience when we've not had enough sleep.

You'll LOOK better

1

Too little sleep leads to lacklustre and wrinkle-prone skin.

You'll PERFORM better

4

Losing sleep erodes concentration and problem-solving ability. Each hour of sleep lost per night is associated with a temporary loss of 1 IQ point.

You'll THINK better

5

Lack of sleep causes changes to the way our brains function in areas of impulse control and decision making.

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The Sleep Council

www.sleepcouncil.org.uk/sleeptember