

# **Dr. Snead's Snippet's**

## **5 Reasons a Good Night's Sleep Is Good for You**

Sleep isn't a luxury—it's one of the most powerful "health therapies" your body gets for free.

### **1) Stronger immune defenses**

Quality sleep supports immune signaling and helps your body respond effectively to infections and vaccines.

### **2) Better brain function and memory**

During sleep, your brain consolidates memories, clears metabolic waste, and improves focus, learning, and decision-making the next day.

### **3) Healthier metabolism and appetite control**

Short sleep can disrupt hunger hormones and insulin sensitivity—making cravings stronger and weight and blood-sugar goals harder to maintain.

### **4) Improved mood and stress resilience**

Adequate sleep helps regulate emotional centers in the brain, lowering irritability and supporting anxiety/depression recovery.

### **5) Lower cardiovascular strain**

Good sleep supports healthier blood pressure, inflammation balance, and overall heart health.

**Quick takeaway:** Most adults do best with **7–9 hours** nightly—consistent timing matters almost as much as total hours.

