



The facts of sleep

Getting 7-9 hours of restful sleep each night is as important to optimal health as diet and exercise. Everyday, science is learning more and more about the benefits of sleep and the risks of sleep deprivation. Not only can adequate sleep help you feel and perform better, it has also been shown to provide longer-term benefits such as reducing medical risks, helping you look better as you age, and even lengthening your life. Sleep may turn out to be the single best predictor of overall health and well-being!

- There is a 48% increased risk of developing heart disease for people not getting an adequate amount of sleep.
- You are 3X more likely to have a compromised immune system and catch a cold if you don't get 7-9 hours of sleep each night.
- Prolonged lack of sleep can disrupt the immune system, limiting your body's ability to fend off bugs.
- Sleep disorders and chronic low sleep have been shown to contribute to weight gain and obesity.
- Collagen, which is critical to healthy skin, occurs while sleeping. Without enough sleep you may appear older, with more visible fine lines and wrinkles.
- There is a 36% increase in the risk of colorectal cancer for individuals with insomnia or sleep disorders.
- Sleep deprivation overtime can age your brain 3-5 years.
- Three quarters of individuals suffering from depression also suffer from a lack of sleep.
- Research has shown an increased risk of irritability, anxiety, forgetfulness and fuzzy thinking for individuals not getting enough sleep.

How well are YOU sleeping?

We live in an increasingly stressful world which competes for our time and attention. Without proper sleep, it's little wonder we have so much anxiety and feel physically exhausted much of the time. Only 1 in 5 Americans receive the recommended 7-9 hours of sleep each night, with 30% of the working population getting less than 6 hours. Contrary to what you may have heard, catching up on sleep over the weekend

may seem like a solution but that's just a myth. Regular sleep each night is the only way to be fully rested. Your body will always pay a price for its sleep deficit.

So, what to do?

Cereset's® patented BrainEcho® technology is non-invasive, safe, proven and highly effective to support restful sleep. Our technology uses brain-initiated sound to help the brain relax, reset and balance itself to its natural state. A Cereset balanced brain will

help you experience more restful sleep and enable you to achieve higher levels of well-being throughout your life.

To learn more, call Cereset at 480-265-8800, or email us at info@cereset.com and begin sleeping better today.

