

# Age-Defying & Disease Defence Plan

## Strategy #6 – Get 7 to 8 Hours of Restful Sleep

Most people need seven to eight hours of sleep a night.

A growing number of studies are turning up clear links between inadequate sleep and obesity, as well as several related health conditions: heart disease, hypertension, and type-2 diabetes.

### Proper amounts of restful sleep your body will:

- crave less junk food
- be better able to process glucose
- metabolize sugar better
- control cortisol production during the day
- strengthen your immune health defenses against heart disease and some autoimmune diseases
- sharpen your mental focus
- minimize your mood swings



Getting a good nights' sleep: 7 hours for women and 8 hours for men can reduce your health age by 3 years.