



# one small change

## Get Better Sleep

	WENT TO BED AT	WOKE UP AT	HOURS OF SLEEPING TIME
NIGHT 1			
NIGHT 2			
NIGHT 3			
NIGHT 4			
NIGHT 5			
NIGHT 6			
NIGHT 7			

Sleep is more powerful than any drug in its ability to restore and rejuvenate the human brain and body. Getting the recommended seven to eight hours each night can improve concentration, sharpen planning and memory skills and maintain the fat-burning systems that regulate our weight. If every one of us slept as much as we're supposed to, we'd all be lighter, less prone to developing Type 2 diabetes and most likely better equipped to battle depression and anxiety. We might even lower our risk of Alzheimer's disease, osteoporosis and cancer.

- Alice Park, TIME Magazine

#OneSmallChange  
#PracticeMakesProgress