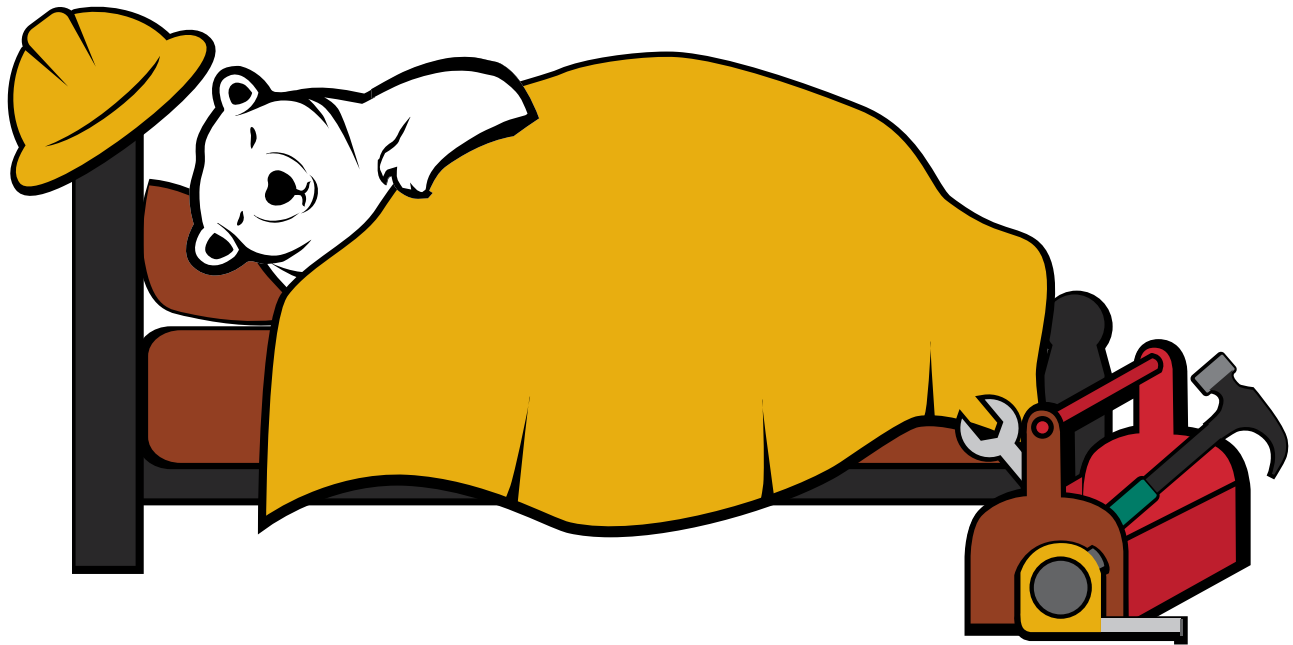


Why We Need to Prioritize Sleep



Similar to how your body needs water, your brain needs sleep which can be especially difficult to get when you are under toxic stress. Lack of sleep will increase unpleasant experiences such as confusion, moodiness and irritability.

The impacts of poor sleep in the short- and long-term:

- Decreased cognitive performance and decision-making skills
- Increased risk for anxiety, depression, suicide and Alzheimer's Disease
- Increased irritability and moodiness
- Decreased ability to tolerate stress
- Increased risk of injury and illness



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