



**Sleep like  
a Dawg!**

# WHY DO YOU NEED SLEEP?

**Sleep restores energy, fights off illness and fatigue by strengthening our immune system, helps us think more clearly and creatively, strengthens memory and produces a more positive mood and better performance throughout the day. Sleep isn't just a passive activity to fill the time when we are inactive, but rather it is an active dynamic process vital for normal motor and cognitive function.**