

The Importance of Sleep

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This short video will help viewers understand:

- The importance of sleep
- What happens during sleep
- The negative impact of sleep deprivation
- Improving sleep by practicing good sleep hygiene
- Sleep issues in individuals with intellectual disabilities

KEY TAKEAWAYS

Sleep is even more vital to survival than food.

Healthful sleep is important in promoting the proper function of our physical, mental and emotional health.

Practicing good sleep hygiene may lead to positive changes in overall health.

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