



How much sleep should you get?

Most of us need around 7-8 hours of good quality sleep a night to function properly - but some need more and some less. What matters is that you find out how much sleep you need and then try to achieve it.

As a general rule, if you wake up tired and spend the day longing for a chance to have a nap, it's likely that you're not getting enough sleep. Sleep deprivation can harm your mind and body so make sure you're not skimping on your sleep.

Good quality sleep is essential for a long & healthy life!

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