

VitaMin

Vital health information in a minute

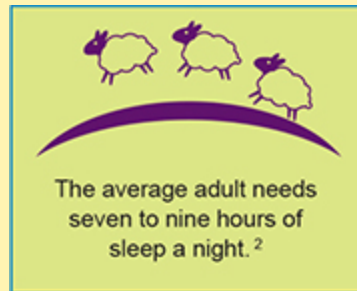


Get more zzzs to fight disease

National Sleep Awareness Week is in March. Don't doze off just yet. This is important. Sleep may be a secret weapon for preventing disease.

Not getting enough sleep has been linked to a number of chronic diseases and conditions¹ including:

- Diabetes
- Cardiovascular disease
- Obesity
- Depression



Discover what sleep can do for you.

[Listen to a podcast](#) about getting better sleep for better health.³

Source:

¹ http://www.cdc.gov/sleep/about_sleep/chronic_disease.htm

² http://www.cdc.gov/sleep/about_sleep/how_much_sleep.htm

³ <http://www2c.cdc.gov/podcasts/player.asp?f=8623144>

GO YOU.



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