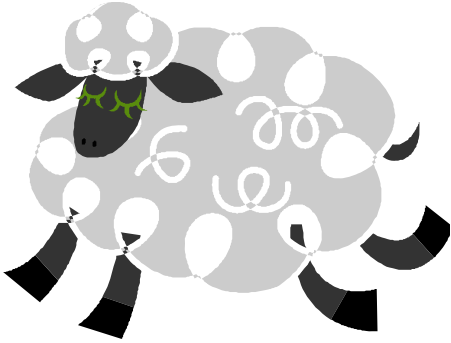


# Healthy Holiday Tip #9



## Get Enough Sleep

Many patients report that they sleep better after getting adjusted. In a recent study, patients with insomnia had improved sleep in the days following a chiropractic adjustment.

**Sleep helps keep your heart healthy, prevent cancer, reduces stress, reduces inflammation, makes you more alert, bolsters your memory, might help you lose weight, makes you smarter, reduces your risk for depression and helps your body makes repairs.**

(Tear here and enter to win!)

**How many hours of sleep are recommended?**

Name \_\_\_\_\_

*Answer trivia on Facebook for an extra chance to win!*

**facebook**