

S - Sleep

When you don't get enough sleep, you are slow, vacant and lacking focus--much like a zombie. The United States is a sleep-deprived nation and your life may be no different. Professionals across many industries report lack of sleep as the second biggest barrier to success. Patients list sleep issues as a top health concern as well. Poor sleep habits can develop in high school, follow you to college and continue into adulthood. Everyone is busy, putting school, work, family obligations and fun before sleep. But the reality is that most adults need at least seven to eight hours of uninterrupted sleep each night.

MINDSET™ - Seven Key Elements of Health & Longevity

