## EASTHILL PHYSIOTHERAPY + ACUPUNCTURE

250.545.2922 - easthillphysio.com - 250.542.2655



Sleep Well

## THE BENEFITS OF A GOOD NIGHT'S SLEEP

- Boosts your immune system
- Prevents weight gain
- Promotes healing from injury
- Good for your cardiovascular health
- Better sleep = better mood
- Increases your productivity
- Increases your exercise performance
- Improves your memory

