

INFO FLASH PREVIEW

SLEEP

The latest Fountain of Youth?

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We all put another candle on the cake every year, but some people don't seem to age as much as others. There are a lot of reasons some stay younger longer. Certain factors are outside our control, such as our genetic makeup. Our behaviours and lifestyles however are something we can change. Exercise, smoking, and diet fall into the latter category, and often come up in discussions about healthy aging. Sleep, on the other hand, often doesn't, though we spend a third of our lives doing it. But now recent studies have revealed sleep to be a key part of the quest for the Fountain of Youth. Here are three reasons:

- Sleep can (and does) slow down the aging of the brain.
- There's a strong link between sleep and the heart.
- Sleeping well can help you lose weight.

That means that sleep is one of the healthy behaviours that contribute to a healthy body as you get older. People today are spending fewer hours in bed, squeezed by their jam-packed schedules and the omnipresence of high tech in daily life. Sleep ends up being seen as a waste of time. That's completely backwards—the new studies show that sleep actually adds to the amount of time we have.

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