

**White River Club**



*Your Life. Your Health. Your Choice!*

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## SLEEP

Reference – Sleep Smarter by Shawn Stevenson

Forward by Sara Gottfried, MD

Improved sleep will likely result in the following:

1. Better skin health and a more youthful appearance
2. Emotional regeneration and better relationships
3. Decreased risk of stroke and cardiovascular disease
4. Fewer accidents
5. Lower levels of inflammation
6. Enhanced function of the immune system and lower risk of cancer and infection
7. Hormonal balance
- 8. Faster rate of weight loss**
9. Decreased pain
10. Stronger bones
11. Lower risk of Alzheimer's disease and cognitive decline; better memory
12. Longevity