



## Sleep and Your Immune System

Sleep may not feel like an “activity” to fight off illness, but it **REALLY** is:

- Studies show that a lack of adequate sleep makes your body more susceptible to letting a virus in.
- Antibodies and cells that fight illness and disease are reduced when a person is sleep deprived.
- Aim for at least 7 hours of uninterrupted sleep every night.
- If your nighttime sleep is interrupted, try to boost it with a daytime nap of no more than 30 minutes.

