**Sleep is that golden chain that ties health and our bodies together**

We’ve all experienced that buzz we get after a good night’s sleep, or how sluggish we feel the day after we don’t sleep particularly well. If you value your health, you need to make sure that you are getting enough sleep every night. Sleep has a huge effect on so many different brain functions, from our memories to how creative we are.

Even if we think we can get by on a small amount of sleep, it definitely isn’t true. It has been scientifically proven that we need eight hours sleep to function as well as possible. To have a healthy body and mind we need to get enough sleep.