



HEALTH ADVISORY

WHAT HAPPENS TO YOUR BRAIN WHEN YOU DON'T REST?

YOUR BRAIN DOESN'T REALLY STOP



Even when your body feels tired, your brain keeps working. Constant mental activity and lack of rest raise stress hormones that can strain your heart and blood vessels over time.

STRESS STRAINS YOUR BODY



Chronic stress can make your heart beat faster and cause your blood vessels to tighten. Over time, this can raise your blood pressure and increase your risk of stroke and heart disease.

YOUR BRAIN FEELS THE PRESSURE



High blood pressure can weaken the small blood vessels that carry oxygen to your brain. When these become blocked or burst, parts of the brain lose function, and this is how a stroke begins.

PROTECT YOUR BRAIN, PROTECT YOUR HEART.

Staying healthy means finding balance through rest, movement and recovery

REST ALLOW THE BRAIN TO RESET AND THE BODY TO RECOVER.

Adequate sleep and time away from screens can help reduce stress, keep the heart steady, and protect your brain in the long run.

Source: WORLD HEALTH ORGANIZATION