

Title:

The Importance Of Rest And Relaxation

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Summary:

Life is busy and it seems each year it just gets busier. Work, family, school, and other commi

Side Effects of Not Getting Enough Rest

Believe it or not...

Keywords:

sleep, self improvement, fatigue, sleeplessness, time management

Article Body:

Life is busy and it seems each year it just gets busier. Work, family, school, and other commi

Side Effects of Not Getting Enough Rest

Believe it or not but the body needs enough rest each night to function properly. The amount o

Also, when you don't get enough rest you have difficult concentrating, thinking clearly, and e

In addition, a lack of rest and relaxation can really work a number on your mood. It is a scie

So, the next time you think it is a good idea to stay up late to complete a task or hang out w

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