

SLEEP IS CONTAGIOUS

A close-up photograph of a man with dark hair and a beard, wearing a dark red sweater. He is yawning with his mouth wide open and eyes closed. The background is a solid blue color.

But the lack of it can cause disruption to physical and psychological health and even worsen diseases such as diabetes and hypertension.

Almost half of all Brazilians report some kind of sleeping problem, and this has become worse during the pandemic.

Sleep disorders usually arise after family problems or unemployment and persist because of behavioral issues, but they can also be related to illness and an unhealthy lifestyle.

MARCH 19TH
WORLD SLEEP DAY

Identify the possible causes, find out how to sleep better, and let sleep take hold of you.

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