

# SLEEP IS CONTAGIOUS

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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