

# IS SLEEPING LIKE A STONE A THING OF THE PAST?

When sleeping well becomes a distant dream, it's time to wake up: you may be among the more than **70% of Brazilians** who suffer from sleep disorders! In more critical cases, they can be related to physical conditions, such as obesity and diabetes, or mental ones, such as anxiety and depression. But it's also not uncommon for it to simply be associated with poor **sleep hygiene**.

MARCH 15TH  
World Sleep Day



Learn about sleep disorders and assess your sleep hygiene  
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