

Give It A Rest:

How sleep gives you a competitive edge

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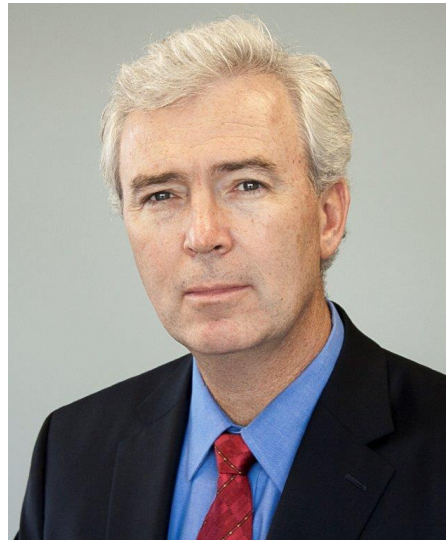
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Featuring



Dr. Dan Carlin
Founder, WorldClinic

Sleep well and prosper

1 in 3 American adults are not
getting enough sleep

A competitive tool of high performers

More Productive Years



More wealth building

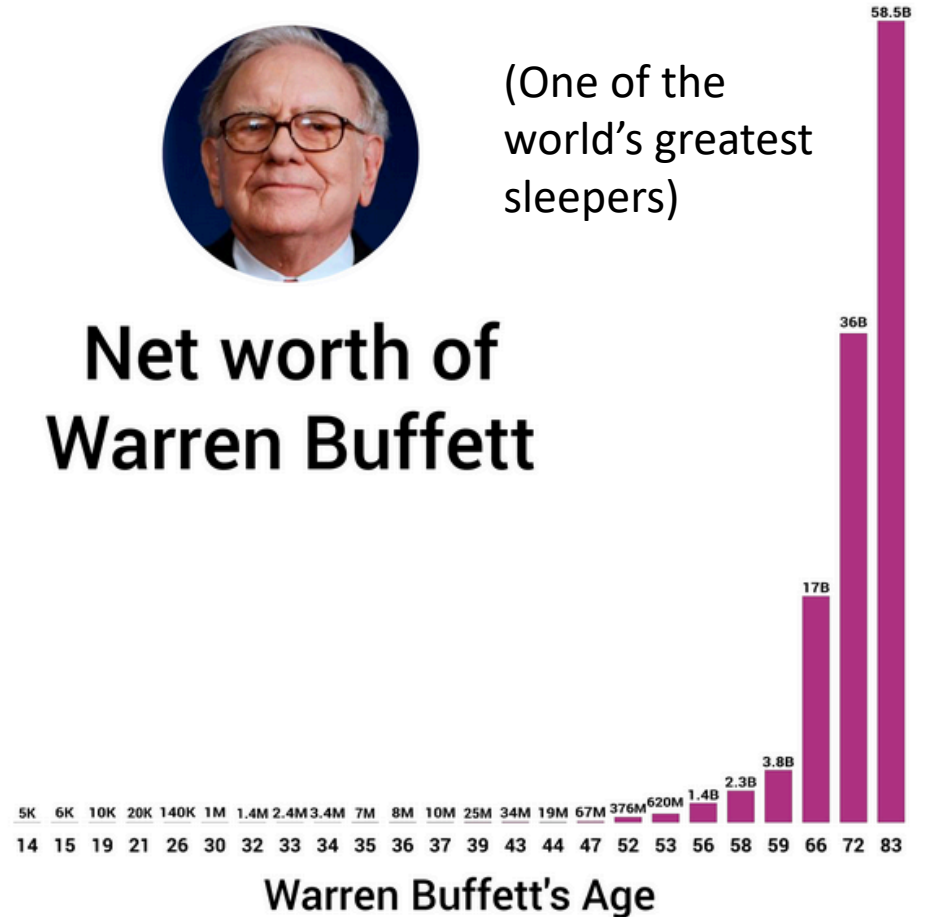


Less retirement savings eroded



(One of the world's greatest sleepers)

Net worth of Warren Buffett



You can't hack it... Seriously!

Your heart needs sleep

(Less plaque)

Your brain needs sleep (Less plaque)



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We have all lost 1.1 hours of sleep since 1942

What can you do?

1. Limit blue light before bed

Put down your mobile phone, iPad, laptop and all blue light emitting devices at least 1 hour before bedtime



2. Daily Exercise

Exercise helps set the rhythm but
no exercise after 7pm



3. Consistent Sleep Pattern

Sleep the same 7.5 hours every night

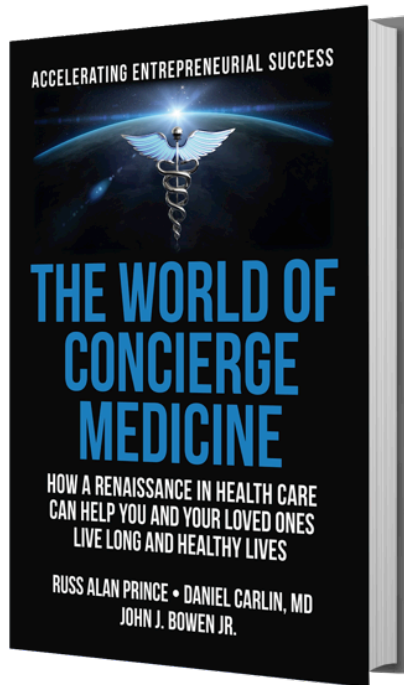


4. Quit Evening Alcohol and Caffeine

Men >55y limit water intake after 6pm



Sleep well. Stay sharp.
Live long. Maximize ROI



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