

## All about our latest venture, Sleep Renewal!

In this podcast Aimee of The Abstract AIMEE Show chats to Heather Stuart De-Lange of Sleep Renewal.



How Important is it to REALLY get enough Sleep?

- Sleep plays an important role in your physical health. For example, sleep is involved in healing and repair of your heart and blood vessels.

- Ongoing sleep deficiency is linked to an increased risk of heart disease, kidney disease, high blood pressure, diabetes, and stroke.

Today, we will share how Sleep Renewal can help you get the most out of your beauty rest.

**LISTEN IN HERE: <http://bit.ly/1r2dEUS>**