



magic power of

BY LORI MILLER KASE

How it makes you **happier,** **healthier, sexier,** even **thinner**

WHEN DID 24-7 BECOME A WAY OF LIFE? The massive decline in sleep happened so slowly and seamlessly that few seemed to notice the trend. Was it because of the baby boomlet and all those 2 a.m. feedings? The growing seduction of the Internet, video games and endless TV channels? Never disconnecting from work? No matter how it happened, millions of chronically sleep-deprived Americans are putting their health, quality of life and even *length* of life in jeopardy. New evidence shows why getting enough z's may trump all your other priorities.

SLEEP

