

Take a Tech Break



Read Your Way to Health

It's beyond cliché, but reading really can take you to another world. Your 'reading world' might have implausibly blue skies and turquoise water, but it'll probably help your real world be calmer, less sleep deprived and more creative.

Experts agree that reading (and we're talking fiction, novels and even magazines—not just the encyclopedia) has wide benefits. Reading forces you to step into another world and use your imagination. Not only does this boost creativity, but it also helps develop your empathy skills—an especially good reason to encourage your kids to open a book!

Jumping into a good story can also help you 'turn off' all that's stressing you out and recharge. This is why reading is such a popular activity before bed. Nighttime readers generally sleep easier since they've taken a break worrying about tomorrow's to-do list.

A 2009 British study polled over 4,000 people to find out why they read. 82% read to wind down, 63% feel more relaxed when reading and 83% of respondents said they often laugh out loud when reading. Translation: reading helps put your brain in a better state of mind!

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