

**4 Ways Sleep is Impacting Your Acne**

1 message

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## BALMLABS



A staggering **one-third** of adults in the U.S. get less than the recommended nightly amount of sleep.

And this lack of sleep does more damage than you think. It can lead to a range of issues, like diabetes, hypertension, depression, anxiety, and not to mention the development (or worsening) of acne.

If your nights spent tossing and turning are starting to get on your nerves—and show up on your skin—or you simply want to learn more about the connection between sleep and acne to prevent said connection *before* it happens, read our blog post on four surprising ways sleep is impacting your complexion.

GET MY ZZZS

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