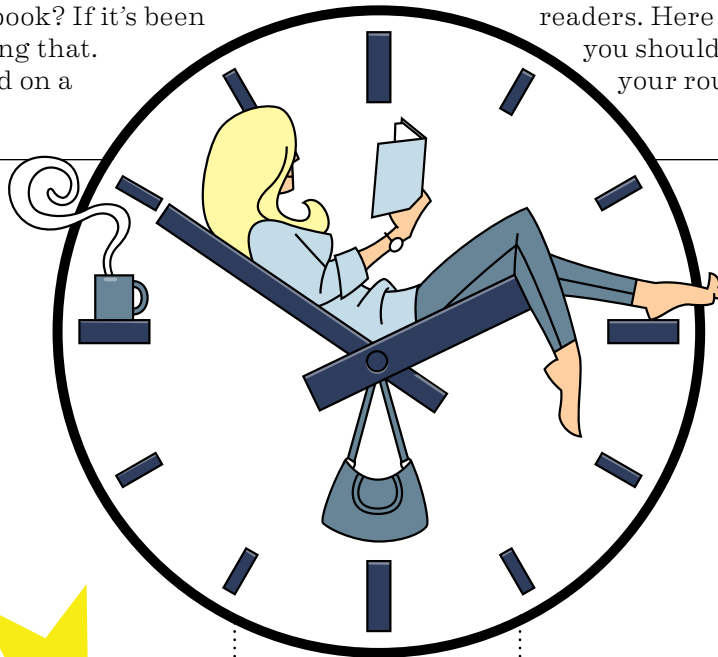


The Benefits of Setting Aside Time for Reading



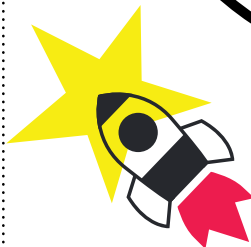
According to a 2021 survey by the Pew Research Center, 23% of American adults shared they had not read a book, in part or in whole, in any format, in the past year. When's the last time you read a book? If it's been a while, consider changing that. Setting aside time to read on a

regular basis is important for both your mental and physical wellbeing. In 2016, Yale researchers found that those who read more than 3.5 hours weekly were more likely to live longer than non-readers. Here are 5 more reasons why you should incorporate reading into your routine.



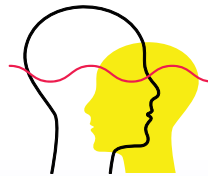
Helps avoid cognitive decline

Your brain may not be a muscle, but it still needs a healthy dose of exercise to function well. Reading is a great way to exercise your mind, strengthening your neural paths and networks as your reading abilities mature. The National Institute on Aging recommends reading to keep your mind engaged as you age.



A form of entertainment

Give your eyes a break from the TV, phone and tablet screens. A good book can transport you into a whole new world. It's one of the oldest forms of entertainment, and it's still free. Visit your local library and choose an escape.



Increases ability to be empathetic

Fiction stories examine and probe the interpersonal relationships and personalities of characters. Researchers have found that people who read fiction tend to have a more advanced ability to be empathetic to those around them.



Builds your vocabulary

Researchers have found that those who read more tend to have more expansive vocabularies. Having a wide vocabulary will broaden your creativity, improve your comprehension and positively impact your professional prospects.



Helps you sleep at night

Reading can be a great form of stress relief and many doctors recommend it as part of one's regular sleep routine. If you tend to have trouble sleeping, you should try reading in a place other than your bedroom. Keep in mind that a print book will help you to unwind more than reading on a screen. **TRS**