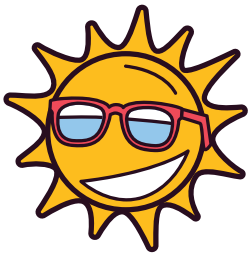
Reading Is Good for Your Health



Summer Reading

موسم گرما کی پڑھائی

Lectura de verano

- Spend time reading a book out loud to a friend or family member. Research indicates that reading aloud and listening to books can improve memory and cognitive function, no matter your age.[1]
- Read for 30 minutes each day this week. People who read books for a half hour a day tend to live longer than nonreaders.[2]
- Read a fictional story about people who live a life different from yours. Studies show that reading fiction increases empathy and the ability to connect with others.[3]
- Create a reading zone where you can relax as you read. Reading decreases stress levels about as much as practicing yoga.[4]
- Keep your bedroom a screen-free zone and read a book before bed. People who read before bed tend to have higher-quality sleep than those who use screens before bed.[5]

[1] Jancee Dunn, "A Simple Way to Build Intimacy: Reading Aloud," *New York Times*, 27 February, 2024, nytimes.com/2024/02/23/well/mind/reading-aloud-focus-memory.html.

[2] Avni Bavishi, Martin D. Slade, and Becca R. Levy, "A Chapter a Day – Association of Book Reading with Longevity," *Social Science & Medicine* 164, (2016): 44-48.

[3] Megan Schmidt, "How Reading Fiction Increases Empathy and Encourages Understanding," *Discover*, 2 September 2020, discovermagazine.com/mind/how-reading-fiction-increases-empathy-and-encourages-understanding.

[4] Denise Rizzolo, Genevieve Pinto Zipp, Susan Simpkins, Doreen Stiskal, "Stress Management Strategies for Students: The Immediate Effects of Yoga, Humor, and Reading On Stress," *Journal of College Teaching and Learning*, 6, no. 8 (2009): 79-88.

[5] Elaine Finucane et al, "Does reading a book in bed make a difference to sleep in comparison to not reading a book in bed? The People's Trial—an online, pragmatic, randomised trial," *Trials*, 22, no. 873 (2021), trialsjournal.biomedcentral.com/articles/10.1186/s13063-021-05831-3.

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