



VitaMin

Vital health information in a minute

DRINK IN THE BENEFITS OF HYDRATION

Your body craves water, and it's not just for quenching your thirst. Every cell needs water to carry out its activities. When you stay hydrated throughout the day, your body can function at its best. Not only that, but it can help you look good and feel better, too.

Here are four good reasons to drink plenty of water and other fluids.

- 1. More energy.** If you're feeling drained and fatigued, dehydration could be the cause.¹ Stay energized by drinking enough water to keep your body hydrated.
- 2. Fresh breath.** Your body produces less saliva when you don't have enough fluids. When that happens, the bacteria that cause bad breath linger longer in your mouth.² Drinking water also helps wash away food particles and bacteria so you have fresher breath.
- 3. Weight control.** The next time you think you need a snack, reach for a tall glass of water instead. Do you still feel hungry 10 minutes later? You might discover that drinking water and other liquids helps you feel full and curbs your appetite.³
- 4. Better sleep.** Going to bed mildly dehydrated can keep you from getting a good night's rest.⁴ When your mouth and nasal passages are dry, you might have problems with snoring, a parched throat or hoarseness. But, be warned, drinking most of your fluids at night can also interrupt your sleep with multiple trips to the bathroom. So it's best to drink plenty of fluids throughout the day.

Need help staying hydrated?

Try setting an alarm that goes off every two hours and prompts you to drink a glass of water. Or use a water-tracking app or smart water bottle to get reminders on when you should drink more.

Sources:

1. Mayo Clinic. "10 Ways to Boost Your Energy in 10 Minutes or Less." <https://www.webmd.com/balance/guide/boost-energy#1> (last reviewed/updated March 8, 2018).
2. WebMD. "What Causes Bad Breath?" <https://www.webmd.com/oral-health/bad-breath-cause-prevention#1> (last reviewed/updated June 1, 2018).
3. Mayo Clinic. "Weight Loss: The Lowdown on Losing Weight." <https://my.clevelandclinic.org/health/articles/17185-weight-loss-the-lowdown-on-losing-weight> (last reviewed/updated March 5, 2019).
4. National Sleep Foundation. "The Connection Between Hydration and Sleep." <https://www.sleepfoundation.org/articles/connection-between-hydration-and-sleep> (accessed April 4, 2019).

This is general health information and not medical advice or services. You should consult your doctor for medical advice or services, including seeking advice prior to undertaking a new diet or exercise program.

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