

# Sleep – Best thing you can do on vacation

By Suzy Strutner, Huffington Post

For some travelers, relaxing while on vacation seems like the last thing they should do. Trips are best spent exploring, culture-seeking and absorbing every single second, right?

Not quite.

Travel can indeed teach lessons that alter the course of your life. But it also serves as a time to decompress, unplug and get to know your true self, the one that exists after all the pressures and problems of daily life are stripped away. Quality rest is a critical part of this self-discovery experience.

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