READ FOR PLEASURE
BE LESS STRESSED

Regular **Readers for Pleasure** reported fewer feelings of stress and depression than non-readers.

They also reported stronger feelings of relaxation from reading than from watching television or being on their phones.

Read about social media and technology instead of being on it!

Read for Pleasure
Be Less Lonely

19% of people who **Read for Pleasure** say that reading stops them from feeling lonely.

Further studies on social connectedness found that reading books significantly reduces feelings of loneliness for people aged 18-64.

Being part of a shared reading group, like a Book Club, is linked to enhanced relaxation, calmness, concentration, quality of life, confidence and self-esteem, as well as feelings of shared community and common purpose.

Read other's tales of loneliness and realise, you are not so alone!

Read for Pleasure

Be More Rested

Reading for Pleasure is widely associated with better sleeping patterns.

39% of people who are in the habit of reading before they go to sleep, sleep very well.

Reading works best for reducing stress levels by 68%. It can take only 6 minutes of reading before bed for a reader's stress levels to be reduced.

Reading allows your muscles to relax and slows down your breathing, leaving you feeling calmer and ready to sleep.

Bedtime stories aren't just for young children, find the perfect bedtime story for you

Read for Pleasure

Be More Clever

Children who **Read for Pleasure** more than once a week will gain higher results in maths, vocabulary and spelling tests at age 16 than those who read less regularly.

16-year-olds who choose to **Read for Pleasure** outside of school are more likely to secure managerial or professional jobs in later life.

Give your brain a boost and read some of these books!

READ FOR PLEASURE
BE MORE KIND

Reading for Pleasure enhances empathy, understanding of the self, and the ability to understand one's own and others' identities.

For example, reading *Harry Potter* has been shown to improve children's attitudes toward stigmatized groups such as immigrants, refugees, and members of the LGBT community.