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People who chronically lack sleep are also more likely to become depressed. Health: Sleep is also important for good health. Studies show that not getting enough sleep or getting poor quality sleep on a regular basis increases the risk of having high blood pressure, heart disease, and other medical conditions.

**In Brief: Your Guide To Healthy Sleep**

The mission of the Texas Department of Family and Protective Services (DFPS) is to protect the unprotected -- children, elderly, and people with disabilities -- from abuse, neglect, and exploitation. DFPS protects the unprotected - children, elderly, and people with disabilities - from abuse, neglect, and exploitation.

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