

Dip into reading

Read for relaxation

2 in 5

readers say reading helps them get a better night's sleep.



Read for happiness

Research shows that the library space itself can be therapeutic – described as 'familiar, welcoming, comforting and empowering'.

Library use is linked with higher levels of happiness and life satisfaction.

Read for wellbeing

Readers report better overall health and wellbeing than non-readers.



Read for resilience

People who enjoy reading and do so regularly report reduced feelings of stress and depression.



Read for friendship

Reading – whether by yourself or in a group – can reduce feelings of loneliness.

