THE IMPORTANCE OF SLEEP

1

WHY IS SLEEP IMPORTANT?

- Sleep allows our bodies and minds to rest and recharge. It is crucial for memory consolidation, learning, decision making and mood regulation.
- Lack of sleep has been linked to various health issues like heart disease, diabetes, and obesity. It negatively impacts productivity, learning, mental health and safety.
- During sleep, our brain restructures important memories from the day and clears out toxins. This metabolic process is critical for the health of our brain and body.

2

HOW MUCH SLEEP DO WE NEED?

- Most adults need 7-9 hours of quality sleep per night. Teenagers need 8-10 hours and school aged children need 9-11 hours.
- Signs of being sleep deprived include difficulty concentrating, moodiness, weight gain and daytime sleepiness. Chronically not getting enough sleep can have long-term consequences.

3

COMMON SLEEP PROBLEMS

- **Insomnia** - difficulty falling or staying asleep.
- **Sleep apnea** - interrupted breathing during sleep.
- **Restless leg syndrome** - discomfort/tingling in legs that keeps people awake.
- **Nightmares** - disturbing dreams that wake you up.

4

TIPS FOR BETTER SLEEP

- Develop a relaxing bedtime routine
- Avoid screens before bed
- Exercise during the day but not before bed
- Create a sleep-friendly environment
- Limit caffeine, alcohol and large meals before bed
- Practice relaxation techniques
- Seek help if problems persist

5

SOURCES

- http://www.sleepfoundation.org/sleep-hygiene/health-sleep-tips
- http://www.sleepfoundation.org/sleep-disorders

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