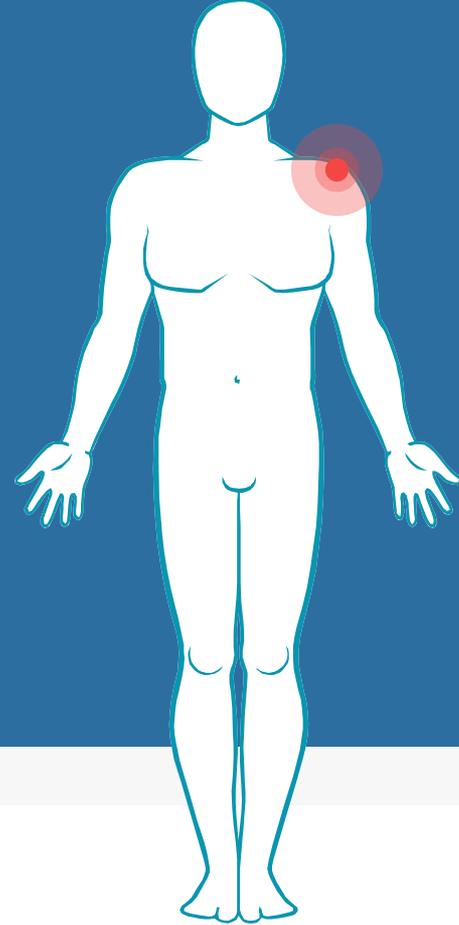


On-Call

Digital Resources

Why Sleep is Vital to a Healthy Life



Benefits of Sleep

- Our brains can rest
- Our bodies can recover
- Improves immune system
- Improves mental agility
- It can help to stabilise our weight
- Improves our mood
- Reduces level of depression



Our Brains can Rest

- The brain gets to have a rest.
- This makes many of its functions more efficient.
- It stimulates brain functions such as creativity and memory.



Our Bodies Recover

- During deep sleep the body blocks all senses.
- The heartbeat slows down and breathing becomes more relaxed.
- The body releases a growth hormone that causes the tissues to recover.



Improves Immune System

- Sleep improves immune system.
- A lack of sleep causes stress that interferes with the immune system, leaving us defenseless against any external threat.
- It is why doctors always recommend rest for any ailment.



Improves Mental Agility

- The correct amount of sleep can make the brain sharper.
- This mental agility can be extremely useful if we are ever in a situation where quick decisions are needed.
- For example, when driving.



Stabilises our Weight

- Sleep can lead to a stable weight.
- People who suffer from insomnia can eat more food because they need extra energy.
- Sleeping also means we cannot eat so there is a good portion of every 24 hours where we are not consuming extra calories.



Improves our Mood

- A lack of sleep leads to us becoming grumpy.
- Sleeping will avoid this, leading to better social relationships.



Reduces Depression

- Sleep reduces the level of depression since a relaxed body produces two hormones that counteract those of stress (serotonin and melatonin).
- All of this causes us to be happier during the day.





This project has been funded with support from the European Commission.
This publication reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein.