

IMPORTANCE OF SLEEP

Sleep sharpens your memory, attention and concentration.

It helps you to learn faster and more effectively

Adults need 7-9h of sleep
Teenagers - 8-10h of sleep

When we are sleeping our body is growing and regenerating and resting

While sleeping mind releases hormones such as melatonin which reduces stress and chance of developing conditions like heart disease.

Sleeping doesn't just help our physical health but mental health as well. Lack of sleep can cause being tired, angry or even depressed. After sleeping you are not just well rested but also happier.

The two stages of sleep are REM and NREM. We spend most of sleep in NREM phase but REM is probably the most important because during REM our body produces important hormones, is regenerating and resting the most. We also experience dreams in REM phase