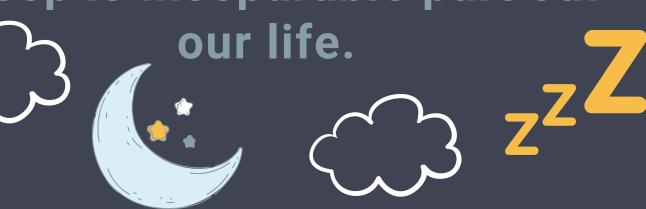# BENEFITS OF SLEEP

Sleep is inseparable part ouf our life.

YOU ARE MORE HEALTHY

A lack of sleep can be dangerous and unhealthy. Our immune system works better if we have enough sleep. For example people who sleep less than 7 hours a night are 3 times more likley to develop a cold. A lack of sleep can also cause chronic diseases and obesity.

YOU ARE MORE CONCENTRATED

When we lack sleep our ability of function is weaker. We can't concentrate, pay attenion and learn as good as we would with enough sleep. We also make more mistakes.

IT EFFECT YOUR MENTAL HEALTH

Good sleep affects your mood and if you don't take care of your sleep schedule, your mental health will be put at big risk of being depressed. Additionally, around 90% of people who suffered from depression, also had sleep apnea.

YOU ARE MORE EMPATHIC

Having bad sleep can lead to being irritable or hectic towards others. Sometimes you won't fully understand the intentions of other people.

YOU ARE MORE ALERTED IN YOUR DAILY LIFE

When you are sleep-deprived it is more likely for you to cause accidents or hazards in the workplace. Every year there are around 40,000 car accidents and 270,000 workplace accidents because people were that tired.

IT IS GOOD FOR YOUR ATHLETICISM

A quality sleep if really important thing especially for athletes. Appropriate amount of sleep can improve their reaction times, speed and accuracy.

WHY IT GIVES HAPINESS?

It gives us hapiness because we are less stressed out, we are relaxed, we have healthier life and we will live longer. It gives us more energy or our skin feels younger and relaxed.