

WHY SLEEP IS AN IMPORTANT PART OF OUR DAILY LIFE?

1. CHRONIC DISEASES — Lack of sleep is linked to many chronic diseases. It can cause such diseases as diabetes, heart and kidney diseases, high blood pressure or obesity. It can even increase the risk of cancer.
2. MENTAL HEALTH — Lack of sleep can affect your mental health. If you don't sleep well the hazard of depression, neurosis and anxiety.
3. REM — REM (Rapid Eye Movement) is the stage of sleep when our body restores itself and important hormones are released, our heart rate and blood pressure rise up too.
4. IMMUNITY SYSTEM — If you sleep the right amount of time there is lower risk of becoming ill.
5. QUALITY OF SLEEP — If you want to have a good quality sleep, you should sleep for about 7-9 hours. In other way you are going to be tired and irritable.

SO WHY SLEEP GIVES HAPPINESS?

Sleep gives us happiness because then we are rested and relaxed. We are not stressed anymore and it's easier to do our duties. We also feel younger and more healthy.

