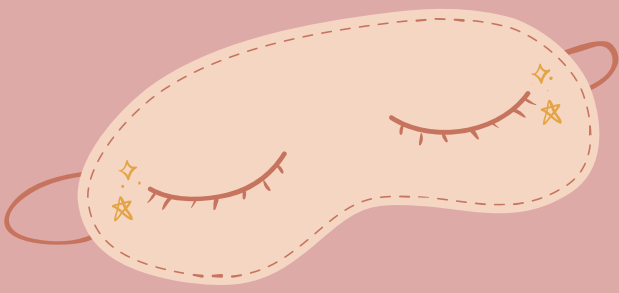


SLEEP



1

SLEEP GIVES US HAPPINESS!

Sleep regenerates our body and has a positive effect on our well-being. That's why we feel happy and relaxed. :)



2

WE NEED SLEEP TO LIVE.

Our body and mind require sleep, we can't survive without it. Sleep is essential for the nervous system; a lack of it can significantly impair a person's memory, physical and cognitive functions



3

REM

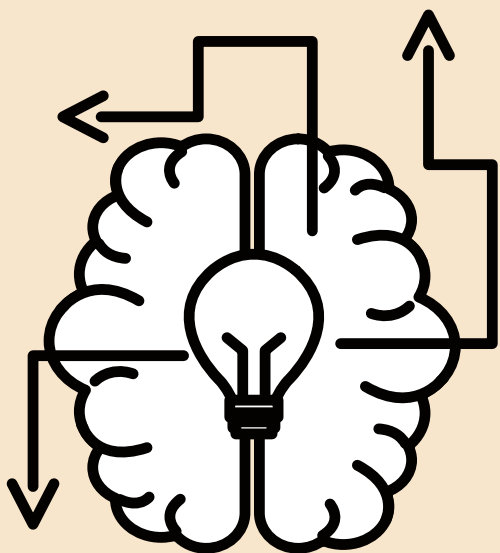
During REM, breathing changes to become shallower, or more rapid. Our eyes begin to move very rapidly. Heart rates and blood pressure also increase during this phase. It's also during REM sleep that most people experience dreams.



4

BENEFITS OF SLEEP

Sleep helps you stay healthy, has a positive effect on concentration, and helps you learn new things.



5

HOW MUCH SLEEP DOES A TEENAGER NEED?

The average teenager needs 8 – 10 hours of sleep.

