WHY IS SLEEP
important?

1. deep sleep

during deep sleep our organisms release important hormones such as cortisol, a hormone responsible for stress. Sleeping makes us more calm and relaxed. Also during sleep our body repairs muscle and tissues, strenghtens our immune system and our mind organizes and links our memories.

2. a lack of sleep is linked to many chronic diseases

Lack of sleep increases the risk of heart diseases, kidney disease, high blood presure, diabetes and stroke. The shortage of sleep also causes bigger appetite, which links to a higher risk of becoming overweight or obese.

3. mental health

sleep regulates your mood and processes emotional information and experiences into memory. You are more likely to be grumpy, irritable and have a short temper when you are tired. the lack of sleep increses the risk of depression and other serious mental health issues.

4. daily functioning

the lack of sleep puts as at more risk of accidents. Our overall brain functions are reduced, so it is harder for us to stay concentrated, pay attention, learn. The risk of accidents icreases, because the lack of sleep affects our alertness.

5. the REM stage

during pur sleep we go through different stages. one fo them, the most important one, is called the REM stage (Rapid Eye Movement). During this stage our breathing changes to shallower or more rapid. Also our eyes move more rapidly. Heart race and blood pressure also increases during this stage. Most people experience dreams then.

6. the benefits of sleep

- During sleep our brain consolidates our learning from the whole day and helps with concentration during classes.
- sleep recuses stress. During sleep the level of cortisol, the stress hormone, is lowered
- sleeping makes you more empathetic and able to read others' expressions and emotions
- sleep makes you feel relaxed and comfortable
- when you sleep enough you are in a good mood, you're more patient and full of energy which is very important if you want to live a happy life