

Sleep



What does having a good sleep mean?

- ▶ Good sleep is a necessary part of health and wellbeing. It's important for brain function, emotional wellbeing and physical health.
- ▶ Adults need about 7-8 hours of sleep each night and not getting enough sleep can affect how you perform during the day and your personal safety. If you haven't had enough sleep for a while you need at least 2 nights of good quality sleep in a row to catch up.



What happens when I am sleeping?

- ▶ Good sleep allows your body to rest, conserving energy and lowering your breathing rate, blood pressure and body temperature. Meanwhile your brain is engaged in specific processes that help with memory, mental functioning and physical growth.
- ▶ Regular lack of sleep interrupts these processes and can increase your risk of developing long-term health problems.

Sleep is thought to play an important role in:

- controlling body temperature and metabolism (energy use)
- good immune system functioning
- brain function and memory
- releasing a growth hormone needed for tissue repair in everyone and growth in children
- regulation of appetite and weight
- control of blood glucose levels.

Over time, a lack of sleep can lead to:

- mood and concentration problems
- hunger and weight gain
- looking tired
- lower libido (sex drive)
- feeling sleepy during the day
- getting sick more often than usual.

