

REST YOUR BRAIN

THE NEUROSCIENCE OF SLEEP

SLEEP IS AN ACTIVITY WHERE YOU SPEND 1/3 OF YOUR LIFE. SO IT MUST BE IMPORTANT! LET'S UNDERSTAND SOME DETAILS REGARDING THE BENEFITS OF SLEEP AND THE BRAIN.



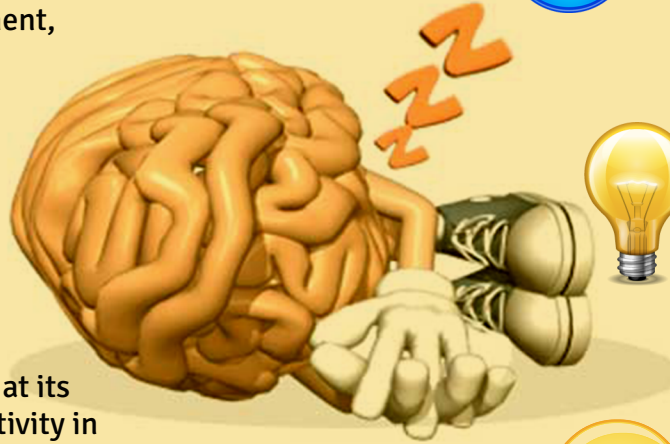
In addition to our head brain, sleep plays an important role in your physical health. Sleep supports the body's ability to restore in many ways including heart health, weight management, hormonal balance and immune system.



Sleep allows your brain to replay the day's events and the formation of long-term memory in a part of the brain known as the hippocampus.



New research suggests that a good night's sleep may play an important role in helping protect the brain against memory decline associated with Alzheimer's.



Sleep can help integrate new information, leading to creative insight. Sleep gives the brain time to find and build more distant associations that can ultimately lead to the inspiration of creativity.



Sleep is needed for your brain to perform at its best. Getting insufficient sleep lowers activity in the temporal lobes, involved in memory and learning. This limits your ability to pay attention, learn, solve problems and remember important information, lowering performance.



Sleep supports emotion regulation. Being sleep deprived makes you more likely to be irritable and in an unpleasant mood, impacting emotion regulation, and relationships – both personal and professional

BUT HOW MUCH SLEEP SHOULD AN INDIVIDUAL GET?

It turns out that while the answer is, on average 8 hours, there is room for individual variation. Needs follows a bell curve function with the bulk of individuals requiring seven to nine hours of sleep. However, some individuals require as little as four or as much as 12.

Sleep deprivation can more lethal than food deprivation.

WHAT IS RIGHT FOR YOU?

Understanding one's sleep needs and ensuring these are managed properly is central to a healthy brain and body.