

How **sleep** helps your brain



Sleep

Sleep is essential for our brain and body to function properly. It restores energy, helps us process information, and prepares us for the next day.

Poor sleep can affect memory, mood, concentration, and even our physical health.

Sleep and brain function

While we sleep, the brain actively processes and stores information, repairs cells, and removes toxins. Quality sleep helps strengthen neural connections, improving learning and problem-solving skills. Without enough sleep, it becomes harder to focus, think clearly, and regulate emotions.

Benefits

Getting enough good-quality sleep can:



Improve mood and reduce stress

Strengthen the immune system

Help maintain a healthy weight

Boost memory and learning

Support healthy heart function

Improve focus, reaction time, and creativity



Types of sleep

REM (Rapid Eye Movement) sleep

Important for memory, learning, and emotional regulation.



Non-REM sleep

Helps the body repair tissue, promotes muscle growth, and strengthens the immune system.



Tips for better sleep



- ☐ Keep a regular sleep schedule
- ☐ Create a relaxing bedtime routine
- ☐ Limit caffeine and screen use before bed
- ☐ Keep your bedroom cool, dark, and quiet
- ☐ Get natural daylight exposure during the day

Sleep Sources

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